MARTHA STEWART
Living

shelf help

organizing solutions for every room

24 smart dinnertime strategies

JAM SESSION

quicker, easier ways to preserve summer produce

+

FUN TRICKS FOR IMPROVING YOUR MEMORY

Learn how to make this shelving-and-desk unit, and conquer office clutter once and for all!
PAGE 90

September 2015
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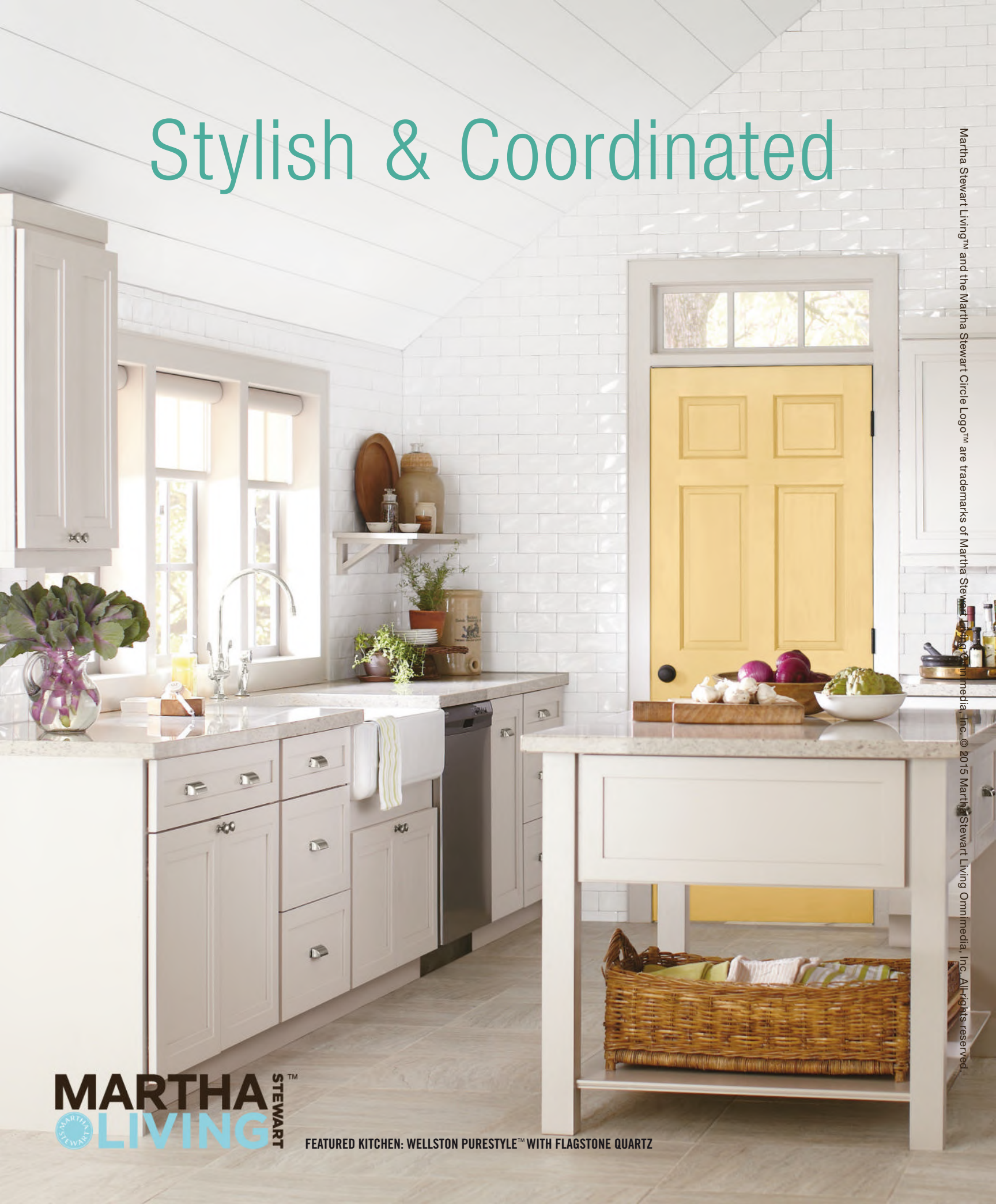

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MARTHA STEWART™ LIVING

Martha's Month

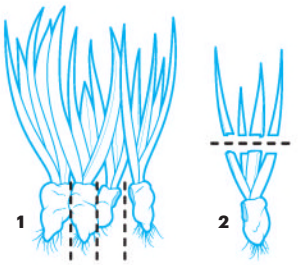
Gentle reminders, helpful tips, and important dates.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Pull faded annuals from flower beds *Yoga*	**2** Replace and fill bird feeders after summer hiatus	**3** Cousin Connie's and nephew Morgan's birthdays Plan Labor Day picnic menu *Cardio and core*	**4** Collect, extract, and jar honey from my bees *Weight training*	**5** Horseback ride
6 Pick hot peppers and string them for drying	**7** LABOR DAY Picnic with family	**8** *Appetizers* (Clarkson Potter), our newest book, goes on sale today! *Yoga*	**9** Pick basil and make pesto Order last of fall bulbs	**10** Vacuum all heating ducts in houses *Cardio and core*	**11** Harvest okra *Weight training*	**12** Morning walk with the dogs Horseback ride
13 ROSH HASHANAH BEGINS AT SUNDOWN Go for last swim of the season	**14** Plant spinach, kale, and chard in cold frames for winter *Weight training*	**15** Wash outdoor furniture and put it in storage *Yoga*	**16** First day of Macy's Martha Week (*macys.com/marthastewart*)	**17** Have chimney and furnace inspected *Cardio and core*	**18** Organize toolshed *Weight training*	**19** Brother-in-law Randy's birthday Horseback ride
20 Organize closets to make room for fall jackets and sweaters	**21** Voting begins for the 2015 Martha Stewart American Made Audience Choice Award (*marthastewart.com/americanmade*)!	**22** YOM KIPPUR BEGINS AT SUNDOWN Fly to Cartagena, Colombia, for speech	**23** FIRST DAY OF AUTUMN Give keynote speech at Cartagena Bridal Week Tendencias 2015 (*www.cartagenabridalweek.co*)	**24** Return from Cartagena *Cardio and core*	**25** Makeup artist Daisy Schwartzberg's birthday *Weight training*	**26** Landscape Awards luncheon, honoring Dan Hinkley and Elizabeth Scholtz, at LongHouse Reserve in East Hampton, New York
27 Alexis's birthday Speak at Newport Mansions Wine & Food Festival Host dinner for Alexis, Kevin, and friends in NYC	**28** View the harvest-moon lunar eclipse *Weight training*	**29** Cut and arrange sunflowers *Yoga*	**30** Launder summer-weight blankets and linens; store for winter			

SNACK

One way Martha enjoys fresh honey from the bees on her farm is by drizzling it over thinly sliced cucumber atop pumpernickel bread. It's a refreshing late-summer treat!

MARTHA'S GARDEN



Dividing Bearded Irises

Separate these plants in early fall every three to four years to keep them healthy. Here's how:

1. Dig up the large original rhizome (root) and, with pruning shears, gently cut off the new rhizomes.

2. For each rhizome, use shears to trim away leaves and spent stems 3 inches from where they're attached.

3. Plant the rhizomes just below the soil's surface—and enjoy robust blooms in spring.

PHOTOGRAPH BY BRYAN GARDNER; ILLUSTRATION BY BROWN BIRD DESIGN

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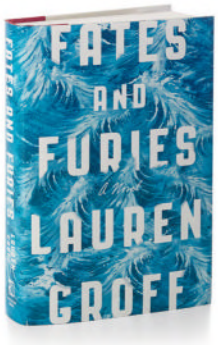

***LIVING* BOOK CLUB**

In *Fates and Furies* (Riverhead), best-selling author Lauren Groff weaves an all-consuming tale that takes its cues from Greek tragedy. Spanning a 24-year marriage, her story offers an intimate look at the fortunes and failures that arise even in the greatest of partnerships.

▸ marthastewart.com/book-club

COLLECTING

There are few things more satisfying than the crisp sound of a letter opener slicing through an envelope. Except, perhaps, the sight of a collection of striking letter openers. Here are a few we've collected from around our office. We especially love the sleek look of the stainless steel Ameland opener (by Italian designer Enzo Mari), *second from top*, and the nice grip of the handle, *third from top*, whimsically paired with a wooden blade.

▸ eBay search terms: *vintage letter openers, antique letter openers*

Out & About

Where we've been, what we've seen, and where you'll find us.

ON THE ROAD

Inspired by the cafés she's visited around the world, Martha opened her own in the lobby of our office building this past spring. Stop by for her hand-selected coffees, including Martha's Blend; teas; and a rotating selection of tempting baked goods.

📍 Martha Stewart Café, New York City ▸ marthastewartcafe.com

VIDEO

DIY Style

Dress up the essentials you tote around every day. This month on our DIY Style video series, associate crafts editor and host Erin Furey creates colorful key-chains from utilitarian hooks and leather trim, personalizes basic smartphone cases with découpaged paper, and makes tablet sleeves out of denim and other fabrics. For details on these projects and others, check out our website.

▸ marthastewart.com/backtoschooldiy

INSTAGRAM FAVORITE

We called for your favorite packed-lunch images, and you delivered. Particularly lovely? This daintily boxed-up sandwich by @ryokoyunoki. For a chance to see your photo here, follow us on Instagram.

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PETIT COLLAGE (PRINT); BRYAN GARDNER (BOOK, LETTER OPENERS); MIKE KRAUTTER (CAFÉ); RYOKO YUNOKI (INSTAGRAM)

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Tomatoes are in their prime this time of the year. If you can't get enough of them (I know I can't), you'll love this inside-out fork-and-knife version of a grilled cheese sandwich, which goes heavy on the tomatoes and light on everything else.

AFTER THREE HAPPY MONTHS spent largely outdoors, it's time to head back inside. I welcome September as a month to reacclimate to a faster pace and get organized in my apartment, including the home office.

With that in mind, our home editor designed five clever wall-mounted shelving projects for the busiest (read: messiest) rooms in the home. Each idea in "Shelf Help" (page 90) is super-stylish, highly functional, and easy to re-create.

On the other hand, there was almost nothing easy about Kelli Cain and Brian Crabtree's incredibly thoughtful and beautiful renovation of their old farmhouse in upstate New York ("A Hand-crafted Home," page 82). The two former art-school classmates did everything themselves—including installing a wood-burning pizza oven and building an iron spiral staircase. Hard work, bottomless curiosity, and a desire for improvement (self- and otherwise) powered their labor of love.

A home-cooked meal is another labor of love, and in "Time Is on Your Side" (page 104), we include inspired ideas to help you get it done. The feature is chock-full of strategy tips for every type of cook, from the early bird who prefers to prepare dinner at dawn to the hands-off cook whose trick is to put everything in a pot and forget about it. I guarantee you'll find a new way to tweak your own culinary style in the name of efficiency—and a delicious dinner.

In the same spirit, "Foolproof Preserving (No Pressure)," on page 74, details ways to fast-track the seasonal process of making jams, jellies, and pickles. Unlike traditional methods, small-batch preserving produces delectable results before you know it—the jams take less than an hour!—yet you can still enjoy them, refrigerated or frozen, for months. When temperatures dip, you'll have a sweet and lovely reminder of summer.

Eric A. Pike

Eric A. Pike, editor in chief

RECIPE

INVERTED TOMATO SANDWICH

Active/Total Time: **10 min.**
Makes: **1**

- **1 slice Italian bread, ½ inch thick**
- **Extra-virgin olive oil**
- **¼ cup finely grated Parmesan**
- **2 slices heirloom tomato, ½ inch thick**
- **Red-wine vinegar**
- **Flaky sea salt, such as Maldon**
- **Freshly ground pepper**
- **Fresh basil leaves, torn if large**

1. Brush both sides of bread with oil, then pat cheese evenly onto both sides.

2. Heat a dry nonstick skillet over medium. Add coated bread and cook, flipping once, until cheese is golden brown and melted, about 5 minutes.

3. Place one tomato slice on a plate. Sprinkle with vinegar, then drizzle with oil; season with salt and pepper. Layer with toast and remaining tomato slice. Sprinkle with vinegar, then drizzle with oil; season with salt and pepper. Top with basil and serve.

MATTHEW WILLIAMS (PORTRAIT); BRYAN GARDNER (SANDWICH)

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TIME IS ON YOUR SIDE
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CHRISTOPHER TESTANI

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FOOLPROOF PRESERVING (NO PRESSURE)
We show you how to savor the payoff of homemade pickles and preserves—with just a fraction of the usual time and effort.

Paired with raspberry jelly and assorted pickles, this homemade chicken-liver mousse takes your appetizer plate to the next level. (For the recipe, see page 128.)

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On the Cover

This adjustable shelf-and-desk unit makes the most of a small space. Photograph by Aaron Dyer. Prop styling by Lorna Aragon.

MATTHEW WILLIAMS (TEA); AARON DYER (SCHOOL SUPPLIES); BRYAN GARDNER (AVOCADOS, BASKET); PHILIP FICKS (POUCHES)

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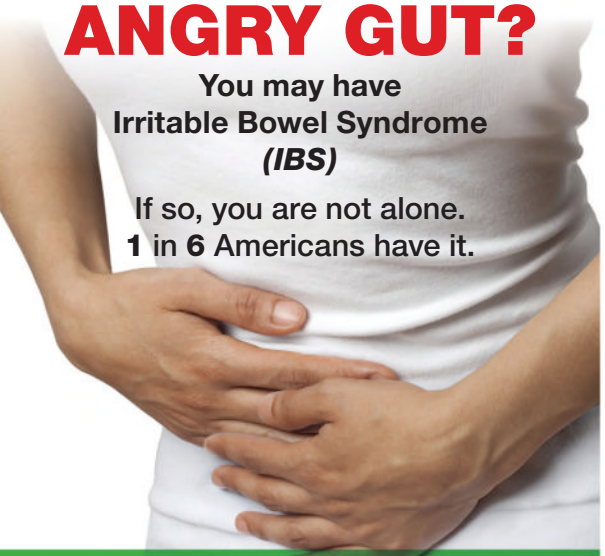

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Z150294 3/15

FROM MARTHA

Teach and Inspire

Luscious Layers

The next time you have something to celebrate, try this special dessert. The towering confection is made from thin, tender crêpes and a pastry cream with the subtle flavor of green tea.

PHOTOGRAPHS BY MATTHEW WILLIAMS

To watch me make this cake and more of my favorite baked goods, tune in to the new season of *Martha Bakes*, premiering on PBS in October (check local listings).

Crêpe Cake

FROM MARTHA

Go Green
Matcha—powdered Japanese green tea—gives this pastry cream its pretty color and slightly grassy flavor. In Japan, matcha is prepared and served as part of a traditional tea ceremony. Look for it at Asian markets and tea shops, or online at *itoen.com*.

On French street corners and in restaurants, crêpes have been served in many different ways, both savory and sweet. The traditional very thin sweet pancake is called a crêpe sucrée. Crêpes can be folded, rolled, or even laid flat on a large plate, and they can be filled or topped with innumerable flavorings and ingredients. But the most special use of the delicate and tender crêpes sucrées I have come across is in a decadent, delightful, and irresistible dessert known as mille-crêpe cake.

I discovered this cake at a charming confectionary salon, Lady M, on the Upper East Side of Manhattan. I was immediately transfixed by the texture and taste of the gently caramelized top and the crème pâtissière, or pastry cream, between about 20 crêpes (not 1,000, or *mille*, as the name implies). I went back many times for a piece to eat right there with a cup of tea, or for a whole cake to serve at a party. I then noticed similar cakes at other bakeries, and with many flavorings and fillings.

We experimented in our test kitchen, of course, and developed our own versions of this dessert. We have a wonderful chocolate-hazelnut version and a Meyer-lemon one (find the recipes at *marthastewart.com/crepe-cake*). And now this distinctive green-tea version. Our mille-crêpe cake, by the way, uses 24 crêpes.

GREEN-TEA CRÊPE CAKE

Active Time: **1 hr. 10 min.**
Total Time: **1 hr. 40 min., plus chilling**
Serves: **10**

CRÊPES (MAKES ABOUT 30)

- **1½ cups all-purpose flour**
- **1 cup granulated sugar**
- **½ teaspoon coarse salt**
- **2¼ cups whole milk, room temperature**
- **6 large eggs, room temperature**
- **1 tablespoon pure vanilla extract**
- **¾ cup (12 tablespoons) unsalted butter, melted, plus more for pan**

ASSEMBLY

- **Green-Tea Pastry Cream (see recipe, *opposite*)**
- **1 tablespoon confectioners' sugar**
- **1 tablespoon matcha**

1. Crêpes: Place flour, sugar, salt, milk, eggs, vanilla, and butter in a blender. Blend well, about 1 minute, scraping down sides as needed. Refrigerate in blender jar at least 2 hours and up to overnight.

2. Process batter again in blender briefly to remove lumps. Lightly coat an 8-inch crêpe pan or 10-inch nonstick skillet with butter. Heat over medium until just starting to smoke. Remove from heat; pour a scant ¼ cup batter into center. Swirl to cover bottom. Reduce heat to medium-low; return pan to heat. Cook until edges are golden and center is dry, 40 seconds to 1 minute. Flip crêpe. Cook 15 seconds more. Slide crêpe onto a parchment-lined baking sheet. Repeat with remaining batter, adding more butter and adjusting heat as needed, stacking crêpes. Let cool completely.

3. Assembly: Place 1 crêpe, golden-side up, on a flat serving plate. Spread ¼ cup pastry cream over crêpe. Top with a second crêpe. Continue, ending with a crêpe; use 24 crêpes total. Refrigerate cake until firm, at least 1 hour and up to 6 hours.

4. To serve, whisk together confectioners' sugar and matcha. Sift over top of cake.

GREEN-TEA PASTRY CREAM

Active Time: **30 min.**
Total Time: **30 min., plus chilling**
Makes: **About 6 cups**

- **3** cups whole milk
- **½** cup sugar
- **1** vanilla bean, halved lengthwise and seeds scraped
- Pinch of coarse salt
- **2** tablespoons matcha
- **6** large egg yolks
- **6** tablespoons cornstarch
- **3** tablespoons unsalted butter
- **1½** cups heavy cream

1. In a medium saucepan, combine milk, ¼ cup sugar, vanilla bean and seeds, and salt. Cook over medium-high until mixture comes to a simmer. Add matcha; whisk to combine.

2. In a medium bowl, whisk together egg yolks, cornstarch, and remaining ¼ cup sugar. Whisking constantly, slowly pour about ½ cup of hot-milk mixture into egg-yolk mixture. Continue adding milk mixture, ½ cup at a time, until incorporated. Pour mixture back into saucepan and cook over medium, whisking constantly, until it thickens and comes to a boil. Let boil, still whisking, 2 minutes.

3. Remove from heat and strain through a fine sieve into a bowl. Add butter and stir until butter melts and mixture cools, about 5 minutes.

4. Cover with plastic wrap, pressing it directly onto surface of pastry cream to prevent skin from forming. Refrigerate until chilled, at least 2 hours and up to 2 days.

5. Just before using, stir pastry cream with a flexible spatula until smooth. Whip cream to soft peaks and fold into pastry cream.

CRÊPE-CAKE POINTERS

No fancy supplies or decorating skills are needed to make this dessert, but the result is unusual and impressive—and, of course, delicious.

1

Make Pastry Cream

Pouring the hot-milk mixture into the egg-yolk mixture a little at a time is referred to as *tempering*. It ensures that the eggs don't "scramble" when they come into contact with the heat.

2

Cook Crêpes

You don't need a crêpe pan—a nonstick skillet works just as well. Don't use too much butter. To flip the crêpe, it's easiest to lift a corner with a small spatula and then use your fingers.

3

Let the Crêpes Cool

As you make them, stack the crêpes and let them cool before assembling the cake. They won't stick to one another. (You can store extra crêpes this way; cover with plastic and refrigerate.)

4

Assemble the Cake

Use an offset spatula to spread pastry cream on each crêpe before topping it with another one.

5

Dust With Matcha

Right before you serve it, sprinkle the cake with a mix of matcha and confectioners' sugar as a finishing touch.

6

Slice and Serve

The dozens of layers look especially beautiful when the cake is sliced.

There's always room for dessert.

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GOOD THINGS

Upgrades, Solutions, Inspirations

Colored elastic cords are available by the yard at crafts stores.

CRAFT

BRIGHTEN UP!

Basic accordion folders take on a cheerfully brilliant disguise, one that should help you distinguish files from one another, to boot. Follow the how-to on the next page to make a set—you just might find yourself more motivated to tackle some paperwork.

PHOTOGRAPHS BY AARON DYER

PROP STYLING BY HELEN QUINN AT PAT BATES AND ASSOCIATES

HOW-TO

Supplies

Accordion file folder or expanding wallet
Text-weight colored paper
Spray adhesive
Craft knife
Elastic cord
Alphabet punch (optional)
Découpage medium and paintbrush

Sources

Accordion wallet, *from $5, staples.com.* **Super 77 spray adhesive,** *by 3M, $11, homedepot.com.* **Elastic cord,** *by Sulyn Clubhouse Crafts, $4, joann.com.* **Durable découpage finish,** *$10 for 8 oz.; and* **alphabet punch,** *$30, by Martha Stewart Crafts, michaels.com.*

1. Trace folder onto paper; cut out.

2. Remove elastic band from folder; discard. Spray paper with adhesive and smooth onto folder.

3. With craft knife, puncture paper, aligning with folder's hole. Knot elastic cord from behind folder flap.

4. If desired, create a monogram from colored paper with punch; glue onto folder.

5. Brush on a layer of découpage medium; let dry.

Try making this dessert with any of the homemade jams on page 81.

FOOD

Winning Streaks

The Brits call fruit-and-cream desserts "fools," but we think of this tasty three-ingredient variation as a wise way to whip up an indulgent dessert with yogurt. Whisk ½ cup cold heavy cream to soft peaks in a large bowl. Fold in 1 cup Greek yogurt. Spoon ½ to ¾ cup jam evenly on top and gently swirl in, leaving streaks. Divide mixture evenly among 4 glasses. Refrigerate for at least 1 hour or, covered, for up to 1 day before serving.

CRAFT

An Etching Design

When you embellish plain glass vases with stylish patterns, you'll want to display more than flowers in them. Start with vessel sizes that accommodate sticky notes, pencils, and anything else you'd like to round up. Apply masking tape of varying widths on the portions of the glass you *don't* want frosted (make sure to smooth down air bubbles completely for even etching). Next, working in a well-ventilated area and wearing latex gloves, brush on a thick, even coat of etching cream. Let it sit for 20 minutes, then rinse it off under cool running water; wipe dry with a paper towel. Now remove the tape to reveal your design—and start organizing.

Glass etching cream and brush, *by Martha Stewart Crafts, $30 for 6 oz., michaels.com.* **Glass vases,** *from $3 each, jamaligarden.com.*

Brush the cream in multiple directions, stripe by stripe, for an even finish.

Supplies

Glass vases
Masking tape
Latex gloves
Etching cream and paintbrush

BRYAN GARDNER (ETCHED-GLASS HOW-TO)

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CRAFT

Branching Out

Summer blooms may come and go (sadly), but a bouquet of dried flowers, made easily and inexpensively by hand, will carry you through the autumn months and beyond. Simply pick up a small branch that fits on your door, and hot-glue dried flowers along its center and extending to its twigs. For the most striking combinations, see our palette suggestions, *below*. Let the glue set a few minutes, then hang the arrangement with matching ribbon or string.

Dried flowers, *from $5 a bunch, save-on-crafts.com.*

For a natural look, concentrate blooms near the base of the branch.

PICK A PALETTE

Color-coordinated flowers always make for a beautiful bouquet. For each of the groupings here, the flowers are listed as shown from left to right.

BLUES & PURPLES
Blue Hydrangea
Eucalyptus
Blue Larkspur
Craspedia
Lavender

YELLOWS & ORANGES
Yarrow
Thistle
Yellow Hydrangea

PINKS & REDS
Pink Larkspur
Caspia
Button Flower
Princess Pine

GREENS & WHITES
Maidenhair Fern
Eucalyptus
Boxwood
Texas Tallow Berry

FOOD

Fall for It

The flavors of the season make a refreshing splash in this festive, quick-to-mix sangria: It's infused with apples, pomegranates, and honey—foods that happen to have special meaning for Rosh Hashanah, too. Bring ¼ cup apple juice to a simmer in a small saucepan. Stir in ¼ cup honey until dissolved. Fill a large pitcher halfway with ice, then pour the juice mixture over it. Add 2 cups dry white or rosé wine, 1 cup each apple juice and pomegranate juice, ½ cup pomegranate seeds, and 2 Lady apples, thinly sliced into rounds. Stir to combine. Serve in glasses garnished with more pomegranate seeds and apple slices.

TIP

Hold off on weeding your lawn until after a good rain. The moisture softens the ground, making it easier to pull out the roots.

CRAFT

That's a Wrap

Dress up—and preserve—new textbooks for the school year with handmade book jackets. For a fresh look, cover a book with white paper, then download and print our clip art (at *marthastewart.com/textbook-stickers*) onto adhesive paper. Use the entire page as a single large sticker, or cut apart the images to arrange them on your book as you like. See additional design options, *right*, all available online.

BACK-TO-SCHOOL STYLE

Here are basic design ideas that inspired our clip art. You can create your own by photographing your favorite desk items and printing the images on adhesive paper.

PAIR CONTRASTING COLORS

PLAY WITHIN THE SAME COLOR FAMILY

STICK WITH NEUTRALS

TRY A FREESTYLE FORMAT

BRYAN GARDNER (OFFICE SUPPLIES)

CRAFT

Sky's the Limit

Stargazers—or anyone looking to give her room lighting a dreamier dimension—will love this easy decorating trick. All you need is a few crafting tools and an inexpensive white lampshade. Flick on the switch come nightfall and enjoy the customized twinkle that gleams through.

Supplies

Two different shades dark-blue acrylic craft paint, mixed
Paintbrush
White lampshade
Cutting mat
Clear tape
Screw punch
Silver paint marker

Sources

Screw punch, *$25; and* **multisurface satin acrylic craft paint,** *in Wild Blueberry and Deep Sea, $2 for 2 oz., by Martha Stewart Crafts, michaels.com.*

HOW-TO

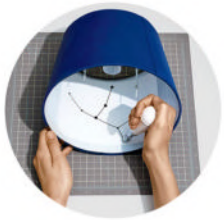
1. Download and print the template for your astrological sign (at *marthastewart.com/constellation-lamp shade*). Resize to fit shade, if necessary.

2. Apply 2 coats of mixed paint to shade, allowing each coat to dry 1 hour.

3. Place shade on its side on cutting mat. Tape template to inside of shade. (If shade has a metal harp, remove it first.)

4. Punch holes in shade as indicated on template, alternating blade sizes on screw punch to make large and small stars.

5. On outside of shade, outline holes and connect dots with marker.



FOOD

Bunches of Possibility

Grapes are delicious straight off the vine, of course, but they're also ripe with untapped potential. Chop them into a fresh salsa to serve with tortilla chips; oven-dry a whole bunch to pair with a creamy cheese, such as Camembert; or purée and freeze them to make a cool, dairy-free alternative to ice cream. Have a taste and you'll never see a bag of grapes in quite the same way again.

Grape Pico de Gallo

Stir together 1 cup chopped seedless green grapes, 2 tablespoons minced jalapeño, ¼ cup minced red onion, 2 tablespoons chopped fresh cilantro, and 2 tablespoons fresh lime juice. Season with coarse salt.

Oven-Dried Grapes

Place a bunch of seedless red grapes on a parchment-lined rimmed baking sheet. Bake in a preheated 225° oven until very soft and shriveled, about 8 hours. Let cool, then refrigerate 1 hour or, in a container, up to a week.

No-Churn Grape Sorbet

Place 3 cups frozen seedless green grapes in a food processor with 1 tablespoon fresh mint, 3 tablespoons corn syrup, 2 teaspoons fresh lemon juice, and a pinch of coarse salt. Purée; freeze until firm, at least 4 hours.

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BEAUTY & STYLE

Tips, DIY, News

"Try before you buy when shopping for foundation," says Brian Duprey of Stylebookings.com. (Many drugstores will exchange incorrect shades.) The right one should flatter in natural and artificial light.

BASE CAMP

Of all the steps in a makeup routine, foundation makes the most impact. With just a few swipes, this complexion enhancer melts into skin to even out tone and camouflage problem areas. The right techniques and formulation will have you looking like yourself—only the airbrushed, I-got-eight-hours-of-sleep version.

PHOTOGRAPH BY YASU + JUNKO

PROP STYLING BY ELIZABETH PRESS

UNDERCOVER AGENTS

Today's foundations allow you to break all the so-called rules. "Now powders can be hydrating and creams can be mattifying," says Make Up for Ever director of artistry Lijha Stewart. All you have to do is choose a texture.

Tint

The details Tinted moisturizers are a great option for the foundation-wary, says New York City makeup artist Sharon Becker.
Coverage Sheer.
Pro Lightweight and hydrating, usually with an SPF of 15 or higher.
Apply With fingers or a makeup brush.
Try Caudalie Vinoperfect Radiance tinted moisturizer SPF 20, *$54, caudalie.com.*

Spray

The details The fine mist creates a professional airbrushed makeup look without the costly equipment.
Coverage Medium to full.
Pro "It hides redness, acne, and eczema without looking caked on," says Becker.
Apply Shake well. Spray from forehead to chin, then outward. Blend as needed.
Try Dior Airflash, *$62, dior.com.*

Mousse

The details "It starts off as a light mousse but dries down with a matte, powdery feel," says Glamsquad makeup director Kelli Bartlett.
Coverage Full.
Pro Long-wearing; ideal for oily skin types.
Apply Smooth on with fingers, then buff with a large, fluffy brush.
Try Maybelline Dream matte mousse, *$10, maybelline.com.*

Stick

The details A portable and versatile all-in-one; use as foundation, concealer, or to contour, says Duprey.
Coverage Full.
Pro "It sets well with powder but looks equally radiant without," says Bartlett.
Apply Directly to skin; blend with a sponge.
Try Laura Geller Luminous Veil cream stick, *$30, lauragellercom.*

Serum

The details This makeup and skin-care hybrid nourishes as it corrects and brightens.
Coverage Medium to full.
Pro The consistency feels like a second skin—and requires less product.
Apply With a buffing brush or sponge.
Try By Terry Wrinkle-Control Serum foundation, *$115, us.spacenk.com.*

Powder

The details Available loose or pressed, it's best suited for oily skin or an ultra-matte finish.
Coverage Medium to full.
Pro Easy touch-ups.
Apply With a damp sponge for a sheer finish; a dry sponge or brush for more coverage.
Try Clinique Beyond Perfecting foundation and concealer, *$27, clinique.com.*

BB/CC Cream

The details Beauty balms and color correctors are goofproof foundations that offer moisturizing, priming, concealing, and SPF benefits.
Coverage Light to medium.
Pro Evens out skin tone and hides brown spots.
Apply With fingers or a brush.
Try Smashbox Camera Ready BB cream, *$39, smashbox.com.*

Liquid

The details While this staple remains (mostly) unchanged, newer options help smooth lines, boost radiance, extend wear, or enhance with (or without) oils.
Coverage Sheer to full.
Pro Color matching is spot-on.
Apply With fingers, a sponge, or a brush.
Try L'Oréal True Match Super-Blendable makeup, *$11, loreal parisusa.com.*

WHAT ARE CUSHION COMPACTS?

Already popular in Korea, these foundations infused into a sponge feel light and watery when applied to the skin and yet don't skimp on the coverage. What's more, the applicators are engineered to pick up just enough makeup, so there's less waste. Try Amore Pacific CC Cushion Compact SPF 50 ***($60, amorepacific.com).***

It took L'Oreal seven years to develop its 35 new shades for women of color. The result: a true-to-skin combo of hues and tones that remain radiant and don't turn chalky.

FOUNDATION FUNDAMENTALS

Hue Tube
Swipe three colors that look most similar to your skin close to the jawline. This way, you can see which works best with the skin colors of both your face and neck. The one that disappears when you blend it in is your perfect match.

Finishing Touches
"Foundations come in a variety of finishes. Natural finishes are semimatte and the easiest to wear, especially if skin is dry," says Becker. "Mattes help reduce shine in particularly oily skin, and luminous formulas help brighten mature or dull skin."

Your Basic T
Focus foundation application on the forehead, nose, and chin, then work outward as needed. "Your foundation should enhance the skin, not cover it up," says Bartlett.

Color Theory
Dark circles? Sallow skin? Broken blood vessels? Color correctors are key. Yellow and green correctors counteract red; orange and peach conceal blue tones. Use them to cancel out unwanted tones, blend away any discernible lines, and then proceed with foundation on top.

Prime Time
Primers fill in pores and fine lines, while also giving the skin surface more "slip" for a smoother makeup application and longer wear. Use one with oil-control or radiance benefits to up your foundation game.

BRYAN GARDNER

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Turn Up the Volume

Plump skin appears more youthful. So instead of focusing solely on eliminating fine lines and wrinkles, **Estée Lauder's New Dimension collection** takes a multipronged approach to boosting skin structure and defining facial contours: The **Shape + Fill Expert serum** gives the look of elevated cheeks and a chiseled jawline, while the aptly named **Expert Liquid Tape** quickly tightens under the eyes. Finish off with the **contouring kit,** which further enhances the illusion of more sculpted cheekbones. *From $40 each, esteelauder.com.*

HOW-TO

Defining Points

Estée Lauder makeup artist Victor Henao shares his secrets to natural-looking contouring.

1. Dip one side of a makeup sponge in the darker shade. While sucking in your cheeks, sweep on a V that follows the hollow from the hairline down to midcheek, and then up again to the outer corner of the nostril. Blend color with the sponge or fingertips. Repeat on the opposite cheek.

2. Dip the other side of the sponge in the lighter shade, dab it directly onto the cheekbone, and then blend.

One and Done

Accentuate lips in a single step. **L'Oréal Colour Riche La Lacque** and **Le Matte** offer the precision of a pencil with the intensity and glide of a lipstick. The paraben-free formulas come in either a high-gloss or velvety-matte finish. *$10 each, lorealparisusa.com.*

Power Tool

Skin treatments perform at their peak when skin temperature is just right—and **Bliss Climate Control** helps you ensure exactly that. Hold it against your skin after moisturizing to boost absorption of the product, or switch it to cool to help better banish puffiness, redness, and large pores. *$129, blissworld.com.*

Shower Power

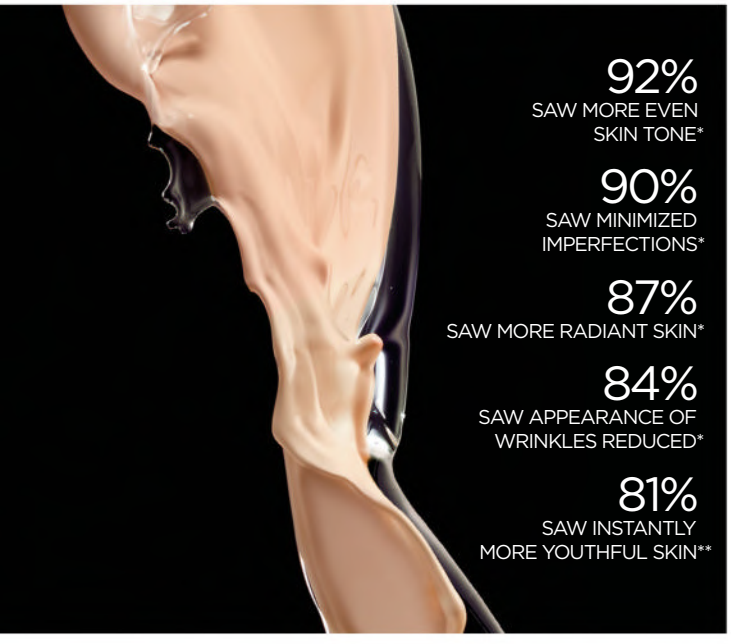
Save precious minutes in the morning with **Jergens Wet Skin moisturizer.** Soap up as usual, rinse, then slather the lotion onto damp skin. It leaves no stickiness or residue and softens skin in record time. *$7, jergens.com.*

It addresses signs of skin fatigue (dullness, roughness, and dehydration).

The Morning Edition

Don't make your skin face the day alone. **Kiehl's Daily Reviving Concentrate** is infused with three potent oils (sunflower seed, ginger root, and tamanu) to fend off free radicals and hydrate, yet it still feels light on skin. *$46, kiehls.com.*

PHOTOGRAPHS BY YASU + JUNKO (ESTÉE LAUDER), BRYAN GARDNER (OTHERS); PROP STYLING BY ELIZABETH PRESS (ESTÉE LAUDER); ILLUSTRATIONS BY BROWN BIRD DESIGN



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PHOTOGRAPHS BY PHILIP FICKS

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Use a three-millimeter tip on the screw punch to ensure that the cord fits through the holes.

Notched tabs make it easy to pull the fabric taut around the circular surface.

A half-yard of 48-inch-wide microsuede creates six small or three large pouches.

MAKING THE ROUNDS

No needle and thread necessary! A leather cord is simply threaded through holes along the perimeter of the cut-and-punched microsuede. The button is attached with plain knots.

Supplies

- Microsuede
- Chipboard (available at crafts stores)
- Cutting mat
- Screw punch
- Spray adhesive (such as Super 77)
- Leather cord (15 inches for small pouch; 30 inches for large)
- Two-hole button
- Hair elastic

Sources

Ultrasuede, *from $60 a yd., bandjfabrics.com.*
Screw punch, *by Martha Stewart Crafts, $25, michaels.com.*
Leather cord, *2 mm, in Pink #16, $2 a yd., mjtrim.com.*

HOW-TO

1. Print templates for the pouch size you'd like to make (at *marthastewart.com/pouches;* each size requires 3 templates). With a pencil, trace each template onto microsuede and cut out. Trace template 3 again, but this time onto chipboard; cut out. Working on mat, lay template 1 on top of fabric cut from that template; use screw punch to make holes in fabric as indicated.

2. Working in a well-ventilated area, spray adhesive onto one side of fabric cut from template 2, then place chipboard in its center. Fold tabs over perimeter of chipboard, as shown. Spray adhesive onto one side of fabric made from template 3 and place to cover exposed chipboard.

3. String leather cord through holes created in step 1, all the way around. Slide each end of cord through its own hole in button and tie a knot at each end. If pouch will store cords or jewelry, slide hair elastic onto fabric-covered chipboard piece before placing it in center of fabric piece 1. Pull cord to cinch pouch closed.

PLUSH PERFECT

Sensible yet sumptuous, man-made microsuede (commonly found under the brand name Ultrasuede) is as mysterious as it is versatile. Here's the lowdown on this high-tech fabric.

What is it? **Microsuede is a polyester material composed of fibers so microscopically thin that they mimic the rich look and soft feel of suede.**

Why doesn't it fray? **Much like felt, microsuede is made of fibers that have been agitated (curled or ironed), causing them to interlock into a cohesive material. Because it isn't woven, it doesn't need to be hemmed when cut.**

How do I clean it? **The fabric is machine-washable. But with crafted items, such as the pouches here, it's best to spot-rub it gently with a damp cloth. Always air-dry microsuede. You can also dry-clean microsuede clothes.**

Where can I buy it? **Find inexpensive options at Joann Fabrics ($13 a yard, *joann.com*), or shop the rainbow of Ultrasuede available at B&J Fabrics (from $60 a yard, *bandjfabrics.com*).**

BRYAN GARDNER (PLUSH PERFECT)

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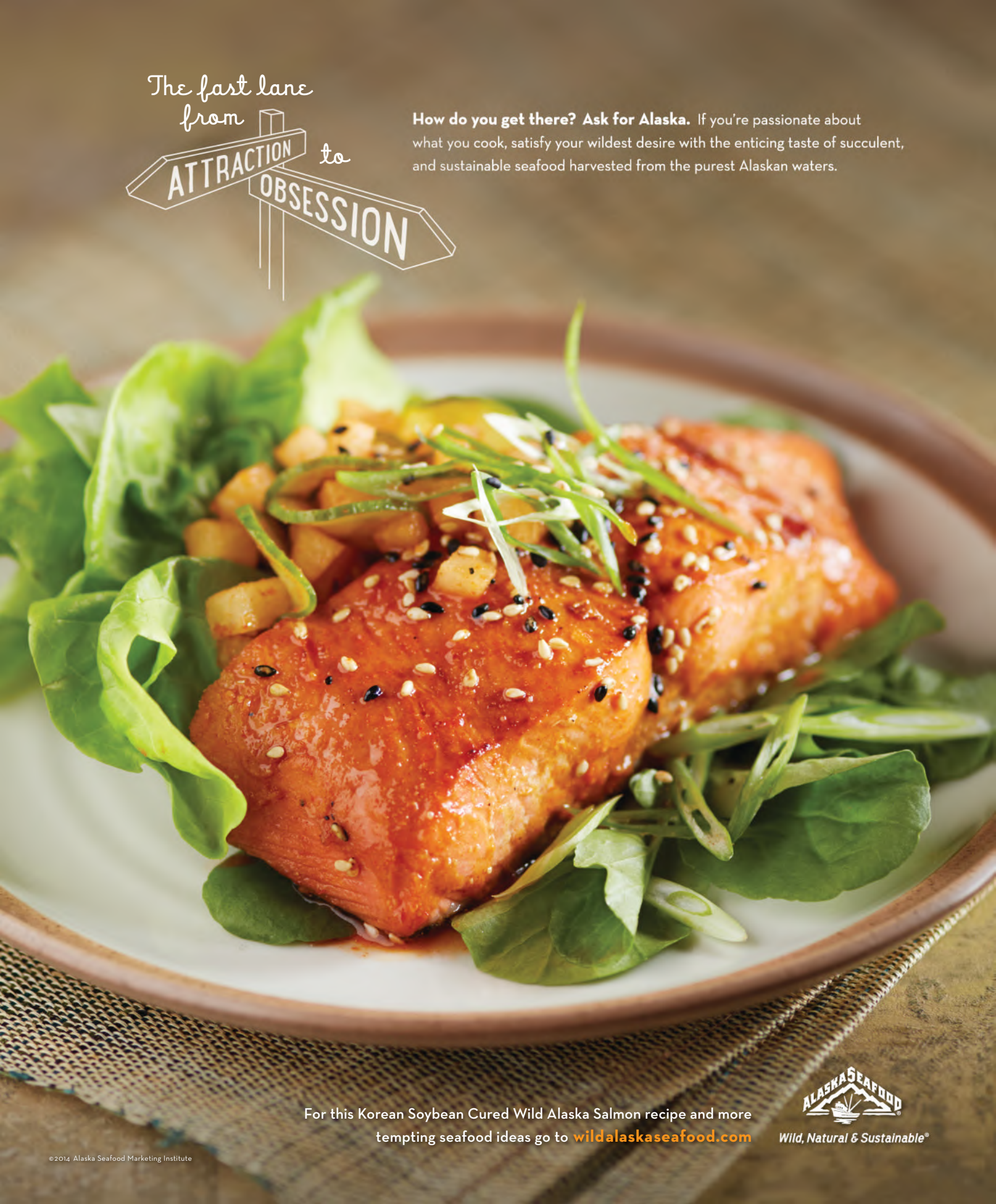
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FOOD & GATHERINGS

Cook, Nourish, Enjoy

PERFECT BITE

AVOCADO & HONEYDEW MELON

The rich creaminess of avocado pairs beautifully with the refreshing sweetness of melon. For this spin on a fruit bowl, we filled halved and pitted ripe avocados with little cubes of juicy honeydew. Finish with fresh mint leaves and flaky sea salt, then grab the nearest spoon.

PHOTOGRAPH BY BRYAN GARDNER

RECIPE AND FOOD STYLING BY GREG LOFTS

Zucchini is just one seasonal staple that pairs well with pasta. Top this dish with shaved ricotta salata and fresh mint leaves.

GARDEN-FRESH PASTAS

Pasta plus produce: It's a tasty equation for late-summer suppers. While the noodles are cooking, you'll have plenty of time to make a flavorful sauce using the season's vegetables. Toss rigatoni with a smoky eggplant-and-tahini mix inspired by baba ghanoush. Make a pesto with tomatoes and roasted pepper to coat spaghetti. Serve corn *off* the cob with orecchiette, tuna, and arugula. Or sauté zucchini and olives, mix them into campanelle, and top it all off with cheese. Consider this a bumper crop of delicious dinners.

PHOTOGRAPHS BY BRYAN GARDNER

RECIPES AND FOOD STYLING BY GREG LOFTS; WHITEWARE DINNER BOWL, BY MARTHA STEWART COLLECTION, *MACYS.COM*; SWISS-DOT LACE TRAY, GEO-DOTS NAPKIN SET, AND SPRINKLES NAPKIN SET, *LEIFSHOP.COM*

Orecchiette With Corn, Arugula, and Tuna

Campanelle With Zucchini and Mint

Rigatoni With Eggplant and Yogurt

Spaghetti With Sicilian Pesto

Orecchiette With Corn, Arugula, and Tuna

Active Time: **15 min.** Total Time: **30 min.** Serves: **4**

- **12 ounces orecchiette**
- **Coarse salt and freshly ground pepper**
- **3 ears corn**
- **6 tablespoons unsalted butter**
- **10 ounces tuna in olive oil (from two 5-ounce tins)**
- **1 pint cherry or grape tomatoes, halved**
- **4 cups baby arugula**
- **Lemon wedges, for serving (optional)**

1. Cook pasta in a large pot of generously salted boiling water until al dente. Reserve ½ cup pasta water; drain pasta and return to pot.

2. Meanwhile, slice corn kernels from cobs into a shallow bowl, then scrape corn "milk" from cobs with the side of a spoon. Melt butter in a small saucepan over medium-high. Reduce heat to medium and simmer until butter browns, about 7 minutes. Add corn and corn milk; simmer just until corn is crisp-tender, about 30 seconds.

3. Add corn mixture to pasta with tuna in oil and tomatoes; toss to combine. Season with salt and pepper. Add reserved pasta water, a little at a time, until sauce evenly coats pasta. Let cool 10 minutes. Gently fold in arugula. Serve, with lemon wedges.

Campanelle With Zucchini and Mint

Active Time: **15 min.** Total Time: **30 min.** Serves: **4**

- **1 pound campanelle or other short pasta**
- **Coarse salt**
- **¼ cup extra-virgin olive oil, plus more for drizzling**
- **2 medium zucchini (about 1 pound), sliced into ¼-inch rounds**
- **2 tablespoons minced garlic (from 4 cloves)**
- **¼ teaspoon red-pepper flakes, plus more for serving**
- **⅓ cup sliced pitted Kalamata olives**
- **2 tablespoons fresh lemon juice**
- **Shaved ricotta salata and fresh mint leaves, torn if large, for serving**

1. Cook pasta in a large pot of generously salted boiling water until al dente. Reserve 1 cup pasta water; drain pasta and return to pot.

2. Meanwhile, heat oil in a large skillet over medium-high until shimmering. Add zucchini; season with salt. Cook, stirring occasionally, until tender and golden brown in spots, about 5 minutes. Add garlic, red-pepper flakes, and olives; cook, stirring, until
fragrant, about 30 seconds. Pour zucchini mixture over pasta, add lemon juice, and toss to coat. Add reserved pasta water, a little at a time, until sauce evenly coats pasta. Serve, topped with cheese, mint, and more red-pepper flakes, and drizzled with oil.

Rigatoni With Eggplant and Yogurt

Active Time: **15 min.** Total Time: **30 min.** Serves: **4**

- **2 large eggplants (about 1 pound each), halved lengthwise**
- **2 tablespoons extra-virgin olive oil, plus more for drizzling**
- **Coarse salt and freshly ground pepper**
- **1 pound rigatoni**
- **1 teaspoon minced garlic**
- **3 tablespoons fresh lemon juice**
- **3 tablespoons tahini**
- **½ cup chopped cilantro, plus small sprigs for serving**
- **1 cup plain yogurt or sour cream**

1. Heat broiler with rack 6 inches below heating element. Drizzle eggplants generously with oil; season with salt. Place on a rimmed baking sheet, cut-side down. Broil until skins are blistered, about 10 minutes. Flip and broil until cut sides are blackened and eggplants are very soft, about 8 minutes more.

2. Meanwhile, cook pasta in a large pot of generously salted boiling water until al dente. Reserve 1 cup pasta water; drain pasta.

3. Scoop flesh from eggplants, discarding skins; transfer to a large bowl. Mash with oil, garlic, lemon juice, and tahini. Stir in pasta, ½ cup reserved pasta water, and cilantro. Season with salt and pepper. Add more pasta water, a little at a time, until sauce evenly coats pasta. Serve, with yogurt and cilantro sprigs, and drizzled with oil.

Spaghetti With Sicilian Pesto

Active Time: **15 min.** Total Time: **25 min.** Serves: **4**

- **1 red bell pepper**
- **1½ pounds tomatoes (5 medium), cored and quartered**
- **5 anchovies, rinsed and patted dry**
- **3 tablespoons capers, rinsed and drained**
- **2 tablespoons golden raisins**
- **⅓ cup toasted blanched almonds, plus more, chopped, for serving**
- **2½ ounces Parmesan, grated, plus more for serving**
- **¼ cup extra-virgin olive oil, plus more for drizzling**
- **Coarse salt and freshly ground pepper**
- **1 pound spaghetti**
- **Fresh flat-leaf parsley leaves, for serving**

1. Roast pepper over a gas flame, turning, until blackened, about 8 minutes. (Or blacken under broiler.) Transfer to a bowl; cover with plastic wrap. Let stand 10 minutes. Remove skin, stem, ribs, and seeds. Tear into 2-inch pieces. Purée in a blender with tomatoes, anchovies, capers, raisins, almonds, cheese, and oil; season with salt and pepper.

2. Meanwhile, cook pasta in a large pot of generously salted boiling water until al dente. Reserve 1 cup pasta water; drain pasta and return to pot.

3. Add pepper mixture, then reserved pasta water, a little at a time, until sauce evenly coats pasta. Serve, topped with cheese, almonds, and parsley, and drizzled with oil.

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PICKLED PEPPERONCINI

The Italian peppers known as pepperoncini are related to jalapeños and poblanos, but they're nowhere near as spicy. Pickled, they have a tangy-savory bite that, as with all the best condiments, adds a kick to simple sandwiches and salads. You can eat them straight out of the jar (you'll often see them on antipasto platters), but we like them as stealth and surprising flavor boosters.

Upgrade an App

PEPPERONCINI POPPERS

Mix ¼ cup each **cream cheese** and grated **sharp cheddar.** Slice 10 large **pepperoncini** in half; fill each half with cheese mixture. Top with **cooked bacon.** Roast on a baking sheet at 450° until cheese is browned, about 8 minutes.

Make It Saucy

PEPPERONCINI CHIMICHURRI

Combine ½ cup each minced **pepperoncini** and finely chopped **fresh flat-leaf parsley,** ¼ cup **extra-virgin olive oil,** and ½ teaspoon finely chopped **fresh oregano.** Serve over pan-seared **white fish,** such as grouper.

Also called Tuscan peppers, pepperoncini are harvested before they mature—when they're yellow-green, mild in flavor, and two to three inches long.

Fire Up the Grill

STEAK KEBABS WITH PEPPERONCINI

For a more zesty take on the classic kebab, replace bell peppers with **whole pepperoncini.** They taste delicious a little bit charred and pair well with grilled meats.

PEPP RALLY: OUR TOP PICKS

Paesana
These baby pepperoncini have a pleasing crunch. You can find them at most grocery stores and at *paesana.com.*

Roland
This supermarket brand's pepperoncini are inexpensive and larger than Paesana's.

YASU + JUNKO (WHOLE PEPPERS); BRYAN GARDNER (OTHERS)

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WANT FRIES WITH THAT?

Of course you do. Especially the ones here—which, in fact, are not your typical white potatoes deep-fried in hydrogenated oil, but bright, fresh vegetables tossed with good-for-you ingredients (pumpkin seeds, wheat germ, extra-virgin olive oil) and baked to a crisp. Dip them into one of our tasty sauces, or devour them all on their own. You'll be sure to find them thoroughly satisfying and yet, at the same time, absolutely addictive.

PHOTOGRAPHS BY
LINDA PUGLIESE

Grated Parmesan and ground pumpkin seeds add nuttiness, while panko and wheat germ provide a pleasing crunch.

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SWEET POTATO–PARMESAN FRIES

Active Time: **15 min.**
Total Time: **35 min.**
Serves: **4**

- **3** medium sweet potatoes (2 pounds total), scrubbed and cut into ¼-inch-thick sticks
- **2** tablespoons extra-virgin olive oil
- **½** cup finely grated Parmesan
- Coarse salt and freshly ground pepper

Preheat oven to 425°. Toss together sweet potatoes, oil, and cheese in a large bowl until evenly coated; season with 1 teaspoon salt and pepper to taste. Arrange in a single layer on 2 rimmed baking sheets. Bake, rotating sheets and tossing sweet potatoes halfway through, until golden brown and crisp, 20 to 25 minutes. Serve immediately.

PER SERVING
287 calories; 9 g fat (2 g saturated fat); 5 mg cholesterol; 46 g carbohydrates; 525 mg sodium; 6 g protein; 7 g fiber

TIP

For evenly shaped fries, cut the sweet potatoes lengthwise into ¼-inch-thick slabs. Then slice each slab lengthwise into ¼-inch-thick sticks.

PARSNIP–PUMPKIN SEED FRIES

Active Time: **15 min.**
Total Time: **35 min.**
Serves: **4**

- **¼** cup hulled pumpkin seeds (pepitas)
- **2** pounds parsnips, peeled, halved crosswise, and cut into ¼-inch-thick sticks
- **3** tablespoons extra-virgin olive oil
- Coarse salt and freshly ground pepper

Preheat oven to 425°. Pulse pumpkin seeds in a food processor until finely ground. Toss parsnips with oil and ground seeds in a large bowl until evenly coated; season with 1 teaspoon salt and pepper to taste. Arrange in a single layer on 2 rimmed baking sheets. Bake, rotating sheets and tossing parsnips halfway through, until golden brown and crisp, 20 to 25 minutes. Serve immediately.

PER SERVING
302 calories; 17 g fat (2 g saturated fat); 0 mg cholesterol; 36 g carbohydrates; 301 mg sodium; 5 g protein; 10 g fiber

The zucchini can be replaced with 2 yellow squashes; 8 ounces haricots verts, trimmed, rinsed, and dried; or 2 portobello-mushroom caps, cut into ½-inch slices.

CRISP ZUCCHINI-PANKO FRIES

Active Time: **20 min.**
Total Time: **40 min.**
Serves: **4**

- **2** large eggs
- **½** cup toasted wheat germ
- **2** cups panko, preferably whole wheat
- **2** large zucchini (1½ pounds total), halved crosswise and cut into ½-inch wedges
- **¼** cup extra-virgin olive oil
- Coarse salt and freshly ground pepper

Preheat oven to 425°. Whisk together eggs and 2 tablespoons water in a shallow bowl. Place wheat germ and panko in separate shallow bowls. Working with one wedge at a time, dip zucchini in wheat germ; coat in egg, then panko, pressing gently to adhere. Arrange in a single layer on 2 rimmed baking sheets. Drizzle with oil; season with ¾ teaspoon salt and pepper to taste. Bake, rotating sheets and flipping zucchini halfway through, until golden brown and crisp, 20 to 25 minutes. Serve immediately.

PER SERVING
410 calories; 19 g fat (3 g saturated fat); 106 mg cholesterol; 45 g carbohydrates; 429 mg sodium; 15 g protein; 6 g fiber

ILLUSTRATION BY BROWN BIRD DESIGN

DIPPING SAUCES

CHIPOTLE MARINARA

In a blender, purée one 28-ounce can **whole peeled tomatoes** with 1 teaspoon chopped **chipotle in adobo** until smooth. In a high-sided skillet, heat 2 tablespoons **extra-virgin olive oil** over medium. Add 2 minced **garlic cloves;** cook, stirring, until fragrant, about 30 seconds. Add tomato mixture; bring to a simmer. Cook, stirring occasionally, until thickened, about 15 minutes; season with ½ teaspoon **coarse salt.** Sauce can be stored in refrigerator, in an airtight container, up to 3 days. Makes 3 cups.

PER ¼-CUP SERVING
37 calories; 2 g fat (0 g saturated fat); 0 mg cholesterol; 3 g carbohydrates; 182 mg sodium; 1 g protein; 1 g fiber

ALMOND-HERB PESTO

Pulse together 1 chopped **garlic clove,** ¼ cup **toasted slivered almonds,** 3 packed cups **mixed fresh tender-herb leaves** (such as mint, basil, tarragon, cilantro, and flat-leaf parsley), ½ cup **extra-virgin olive oil,** and ¼ cup grated **Parmesan** in a food processor until finely chopped. Season with ½ teaspoon **coarse salt.** Pesto can be stored in refrigerator, with plastic wrap pressed directly onto surface, up to 2 days. Makes 1 cup.

PER 2-TABLESPOON SERVING
157 calories; 16 g fat (2 g saturated fat); 2 mg cholesterol; 1 g carbohydrates; 98 mg sodium; 2 g protein; 1 g fiber

YOGURT-TAHINI DIP

Stir together ¾ cup **plain 2 percent Greek yogurt,** 3 tablespoons **tahini,** 1 tablespoon **fresh lemon juice,** 1 chopped **scallion,** and ½ teaspoon **coarse salt** in a small bowl. Dip can be stored in refrigerator, in an airtight container, up to 3 days. Garnish with more chopped scallions before serving. Makes 1 cup.

PER 2-TABLESPOON SERVING
48 calories; 3 g fat (1 g saturated fat); 1 mg cholesterol; 2 g carbohydrates; 78 mg sodium; 3 g protein; 0 g fiber

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Biscotti means "baked twice," and indeed, a second trip to the oven is what gives them their signature crunchiness. The key to slicing the dough evenly without making it crumble is using a sharp serrated knife.

Crunch Time

Once you see how easy biscotti are to make yourself, you'll pass right by the ones that come in boxes or wrapped in cellophane. The crisp Italian cookies are a breeze to bake in large batches and to customize with add-ins—try our master recipe, with almonds and anise seeds, or one of several novel variations. Biscotti are also the ultimate make-ahead treat, as they last for weeks. That gives you plenty of opportunities to enjoy them with coffee, tea, or dessert wine. Let the dunking begin.

PHOTOGRAPHS BY ADRIAN MUELLER

RECIPES AND FOOD STYLING BY SARAH CAREY

CLASSIC BISCOTTI

Active Time: **30 min.**
Total Time: **3 hr.**
Makes: **65**

Toast the almonds in a 350° oven in a single layer on a baking sheet until golden brown and fragrant, about 12 minutes, tossing them occasionally. Let cool, then coarsely chop them. If you're using chocolate or dried fruits, add them after beating the dough for about two minutes.

- **2½ cups all-purpose flour**
- **1¼ cups granulated sugar**
- **2 teaspoons baking powder**
- **2 teaspoons anise seeds**
- **1 teaspoon coarse salt**
- **2 cups (11 ounces) almonds, toasted and coarsely chopped**
- **3 large eggs, plus 1 more, beaten, for brushing**
- **Fine sanding sugar, for sprinkling (optional)**

FOUR MORE FLAVORS

HAZELNUT AND APRICOT
Replace the almonds with 1 cup **toasted hazelnuts** and 1 cup coarsely chopped **dried apricots.**

ESPRESSO AND LEMON
Replace ½ cup of the almonds with ½ cup diced **candied lemon peel.** Replace the anise seeds with ¼ cup **instant espresso powder.**

PISTACHIO, PAPAYA, AND GINGER
Replace the almonds with 1¼ cups coarsely chopped (not toasted) **pistachios,** ¾ cup diced **dried papaya or mango,** and ½ cup **sweetened shredded coconut.** Replace the anise seeds with ½ teaspoon **ground ginger.**

CHOCOLATE AND ORANGE
Replace 1 cup of the almonds with ¾ cup coarsely chopped **semisweet chocolate** and ½ cup diced **candied orange zest.**

1

Make the dough
Preheat oven to 350°. In the bowl of an electric mixer, whisk together flour, granulated sugar, baking powder, anise seeds, salt, and nuts. Transfer to mixer fitted with the paddle attachment. Add eggs; beat until a stiff dough comes together, about 3 minutes.

2

Form logs
Divide dough in half. Form each half into a 12-inch log. (Dough may be sticky; dampen your hands for easier handling.) Transfer to a parchment-lined baking sheet and flatten so each log is 13 inches long, 2¼ inches wide, and ¾ inch thick.

3

Brush and bake
Brush logs with beaten egg and sprinkle with sanding sugar. Bake until firm and very pale golden, about 35 minutes. Let cool on pans on a wire rack, 40 minutes. Meanwhile, reduce oven temperature to 300°.

4

Slice and bake again
Using a serrated knife with a sawing motion, cut logs into slices slightly thicker than ¼ inch. Arrange, cut-side up, on parchment-lined baking sheets. Bake until dry to touch, about 30 minutes. Let cool completely on pans on racks, 30 minutes. Store in an airtight container up to 1 month.

This dessert only looks like it was baked in a fluted pan; the sturdy dough is easy to crimp by hand.

What a Pair!

The classic nutty-sweet combo of peanut butter and jelly has escaped the confines of the sandwich and landed in a tart. With the help of a skewer, it becomes artfully (yet easily) swirled. It's versatile, too: Swap in almost any type of jelly—we like raspberry and strawberry as much as the typical grape. Whatever you choose, it's a nostalgic treat for all ages.

PHOTOGRAPH BY YUKI SUGIURA

PB&J TART

Active Time: **25 min.**
Total Time: **2 hr. 35 min.**
Makes: **8 to 10 triangles**

- **1 stick unsalted butter, room temperature**
- **⅓ cup confectioners' sugar**
- **1 teaspoon coarse salt**
- **1¼ cups all-purpose flour, plus more for dusting**
- **⅓ cup smooth sweetened peanut butter, such as Jif**
- **¼ cup raspberry, strawberry, or grape jelly, melted**

1. Preheat oven to 350°. Pulse butter, sugar, and salt in a food processor until smooth, scraping bowl down once. Add flour and pulse just until mixture forms large clumps. Turn out onto very lightly floured parchment. Knead once or twice, then shape into a flat rectangle.

2. Lay a sheet of plastic wrap on top of dough and roll out to a 13-by-6-inch rectangle. Transfer to a baking sheet. Fold edges in to create a ½-inch border; crimp so border is raised slightly less than ½ inch (final size of dough should be 12 by 5 inches). Prick all over with a fork. Freeze 20 minutes.

3. Bake crust 15 minutes. Remove from oven; flatten center with the bottom of a measuring cup. Bake until pale golden, about 12 minutes more.

4. Remove crust from oven and spread with peanut butter. Drizzle with jelly, then swirl it with a skewer. Bake until jelly just begins to bubble, 6 to 7 minutes. Let cool on a wire rack 15 minutes. Cut into wedges; let cool completely.

RECIPE AND FOOD STYLING BY SARAH CAREY

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will be wearing this fall.

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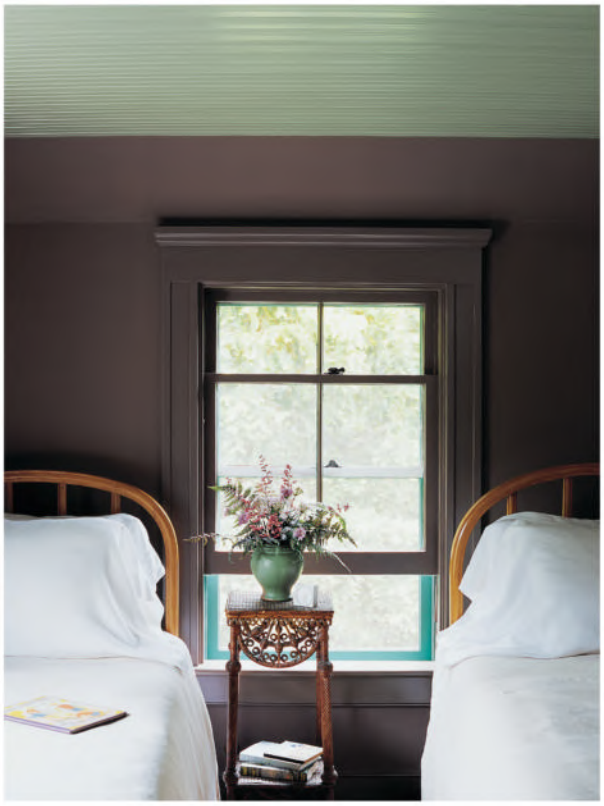
GOOD LIVING

TABLEAU

POD CAST

One of Martha's favorite plants, *Gomphocarpus physocarpus* produces pretty white flowers. The real showstoppers, however, are its seedpods, which appear in late summer. The furry lime-green orbs add whimsy to any arrangement, but gathered en masse, they make a delightful and somewhat other-worldly bouquet. What's more, the pods dry beautifully, which means you can enjoy them well into fall.

PHOTOGRAPH BY ANNIE SCHLECHTER



Top Coat

A colored ceiling is a room changer. Depending on the hue you pick, it can open up a small space, brighten a dark room, cast a flattering glow, or spotlight architectural details. Yet when it comes time to paint interiors, most homeowners neglect to consider the ceiling. That oversight is a missed design opportunity. "Think of your ceiling as your fifth wall," urges *MSL* decorating director Kevin Sharkey. He shares his favorite paint colors for ceilings on these pages, as well as the types of rooms they are best suited for. Now, get ready to put color up where it belongs.

Above and Beyond
Clockwise from top left: Painting the ceiling the same color as the walls puts the focus on the room's furnishings and artwork. Pale colors, such as the blue on the ceiling here, show up nicely in a room that gets ample light. A room with dark walls needs a little color on the ceiling, like this green, to soften the look. A pink ceiling casts a beautiful, soft light—perfect for a bedroom.

CLOCKWISE FROM TOP LEFT: PAUL COSTELLO, SIMON WATSON, WILLIAM ABRANOWICZ (2)

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PAINT BY NUMBER

Here's how to pick the right ceiling color: First, determine the type of room, *far right*. Next, choose a cool or warm palette, *below* or *right*. Finally, match the room type to the number on your chosen palette—and you're on your way.

Most ceiling paints are flat, but if you're using a dark color, try an eggshell or satin finish for a nice sheen. (Glossy finishes can make ceiling imperfections more noticeable, however.)

1

A Small Room

It's easier to take a risk when you're working with a small space, so "pick something memorable," says Kevin. "But that doesn't mean the color needs to be loud. Pale shades, like this blue and pink, feel more pronounced in a small room than they would in a large space." **Still Pool,** *by Ralph Lauren, homedepot.com.* **Verbena,** *sherwin-williams.com.*

2

A Large Room

Play it safe, with neutral colors. When you have a huge expanse of ceiling, you don't want to paint it a hue that will overwhelm the rest of the room. "At the same time, it should be interesting enough that you notice it," says Kevin. **Pale Oak,** *benjaminmoore.com.* **Flax,** *prattandlambert.com.*

3

A High Ceiling

High ceilings are always a plus, but they can disappear above you. What you want in this situation is to highlight the airiness of the room by drawing the eye up. A blue ceiling has the added advantage of referencing the sky. **Crystalline Falls,** *by Behr Marquee, homedepot.com.* **Beeswax,** *by Eve Ashcraft, finepaintsofeurope.com.*

4

A Low Ceiling

Some experts advise painting ceilings a lighter color to give the illusion of height. But Kevin likes to paint them a darker color, even a deep brown, to accentuate the intimacy created by a low-ceilinged room. **Luna,** *c2paint.com.* **Dansbury Downs,** *prattandlambert.com.*

5

A Bright Room

Paint colors generally look different once they're out of the can and applied to the walls. "But in a room with a lot of natural light, what you see is what you get—the pure color," says Kevin. "So feel free to choose really light colors, which may not show up in darker rooms but will shine through in brighter ones. This beautiful lavender, for instance, wouldn't be nearly as charming in a dark room." **Sweet Bluette,** *benjaminmoore.com.* **Will O the Wisp,** *by Behr Marquee, homedepot.com.*

6

A Dark Room

Many people will paint a ceiling white in an effort to brighten up a dark room. "That just makes it look gloomy and sad, because the white doesn't translate as white in a space that has little light," says Kevin. Instead, opt for rich, saturated hues, which will hold their own in a dark space. "The yellow I chose can also warm up the space." **Vert de Terre** *and* **Hay,** *farrow-ball.com.*

7

A Complicated Ceiling

If you have a tray ceiling, ceiling beams, or decorative features on the ceiling, like plaster rosettes, you'll want to spotlight the distinctiveness. The key is to select colors that pick up shadows well and give dimension to the decorative elements—colors that look good both a shade darker and a shade lighter. **Stonington Gray,** *benjaminmoore.com.* **Relaxed Khaki,** *sherwin-williams.com.*

DIY Know-how

Equip Yourself
You'll need everything you normally would to paint walls—plus a stepladder and goggles to protect your eyes.

Prevent and Protect
Cover everything with drop cloths, remove light fixtures if possible, and wrap ceiling-fan blades in plastic. Also, keep a damp cloth handy to wipe up drips and splatters.

Outline First
After taping the walls where they meet the ceiling, use a small brush to paint a three-to-four-inch band around the perimeter.

Roll Right
Fill in with a roller right after painting the perimeter, while the border is still wet, to reduce the possibility of a visible line between the two sections.

BRYAN GARDNER

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For the Bedroom
It's a basket case, in a good way. So pile in the linens and light blankets—at 14 inches tall, it can handle them—and perk up the room while you're at it. *$88, elizagranstudio.com.*

Around Town (and Country)
Stitched with seat-belt-webbing straps, this hiking and commuting companion is strong enough for a big haul, yet barely adds to your load. There's a padded sleeve for a laptop, too. *$98, topodesigns.com.*

Off for the Weekend
This roomy tote's got fringe benefits beyond the cute tassels. Inside pockets hold essentials, while shoulder-accommodating straps keep hands free. *$180, jadetribe.com.*

In Networking Mode
We're impressed by the credentials of these business-card holders: The hand-sewn leather is printed from hand-crafted woodblocks. *$32, arcofla.com.*

For the Car
Baguettes stay in top form without all the usual jostling, and perishables remain fresh in this collapsible cooler-equipped organizer. Handles make transporting it a breeze. *By Picnic at Ascot, $53, staples.com.*

HOLD IT RIGHT THERE

We've rounded up the most stylish, utilitarian carryalls to keep your stuff tidy and transportable. Thoughtfully crafted and rugged, they're the essence of form meets function.

PHOTOGRAPHS BY BRYAN GARDNER

Just Stepping Out
Your keys, phone, and credit card are at your fingertips when stashed in this hand-made American-cowhide pouch. *$65, kemptonandco.com.*

From Room to Room
With this wide tin bucket, you can clean up your cleaning-supply gear—and tote your sponges and detergents to any room that needs them, all in one trip. *$16, muji.us.*

In the Pantry
Slide this half-bushel woodcraft basket next to a bottom shelf and your storage space suddenly takes on luxurious new proportions. *$42, peterborobasket.com.*

At the Farmers' Market
It's easy being green. This market bag can manage up to 33 pounds of your local grower's bounty; its eco-plastic surface (made from a sugarcane base) wipes clean with a damp cloth. *From $38, healdsburg shed.com.*

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Kalon Studios

2014 DESIGN WINNER

Michaele Simmering & Johann Pauwen

Los Angeles

kalonstudios.com

Their contemporary furniture is designed in California and sustainably made by hand.

Built to Last

Inspired by the needs of their own family, Michaele Simmering and Johann Pauwen of Kalon Studios are producing beautiful, sustainable furniture designed to be passed down from generation to generation.

PHOTOGRAPHS BY BRIGITTE SIRE

PROP STYLING BY SCOTT HORNE

FIND WHO
YOU HAVE NOT
YET BECOME.
Toyota Corolla | toyota.com/corolla
TOYOTA
Let's Go Places
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MICHAELE SIMMERING AND JOHANN PAUWEN had recently moved to Los Angeles in 2006 and were expecting their first child. They needed furniture, and couldn't find anything that fit their design aesthetic and environmental ethics. Pauwen has a degree in industrial design from the Rhode Island School of Design, so, with a lot of input from Simmering, he started sketching out a few pieces. At the same time, they were hoping to find work that would allow them to spend more time at home while raising their family. Encouraged by the craftsmen who were helping to make their furniture, and sensing a void in the marketplace, they launched their company, Kalon, in 2007. "It comes from a very practical need in our lives," says Simmering.

But Kalon is about more than just making furniture. Sustainability is the guiding principle of their business—and their lives. "When we were starting out, we felt there was a gap between sustainable and well-designed furniture. We didn't think they had to be mutually exclusive," says Simmering. Every detail, from the furniture down to the kind of paper they use for printed matter, is bound by the couple's environmental values. "We believe that business ethics, design aesthetics, and quality of materials don't have to be compromised," she says. They use only materials that are biodegradable, nontoxic, and food-safe. They strive for production that is low-waste and low-energy. And their furniture is anything but disposable: The heirloom-quality nursery furniture is built to grow with the child, and everything is crafted to last. Responsibility and local manufacturing go hand in hand: "We believe that sustainability is about giving as much as you take. That's why American manufacturing is so important to us," Simmering says.

Eight years after they began, their collection continues to evolve. They have added items out of necessity, such as

A Growing Collection

Top row: **The Caravan crib, *left,* easily converts into the Caravan divan, *right,* with a kit, or the divan can be purchased as is. *Bottom row, left:* The No. 5 sectional was the first upholstered piece Kalon produced. *Right:* Made from domestic ash and brass, the Simple dresser, from the new bedroom collection, is finished with formaldehyde-free hempseed oil.**

SCOUT RESIDENCE PROVIDED BY GROUNDUP.LA; LAMP, *AMSTERDAMMODERN.COM*

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MAKERS OF MORE

featuring OLYMPIA PROVISIONS & THE JAM STAND

We believe amazing things happen when you weave together simple ingredients to make more. So Triscuit is celebrating makers from all over the country who do just that.

Two of them are Portland's Olympia Provisions and The Jam Stand from Brooklyn. Their stories, products and dedication to their craft inspire us every single day. And we think they'll inspire you, too.

Check out the Makers of More in upcoming issues of *Martha Stewart Living*, and discover the maker in you at **pinterest.com/Triscuit**.

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OLYMPIA PROVISIONS

Eli Cairo and his partners make charcuterie the old way. The right way. Their sausages, salami, pâté and ham are all born straight out of old-world technique.

For us, they stacked up a slice of sharp cheddar, a slice of classic summer sausage and some pickled onion. It's a Triscuit recipe that only Olympia Provisions could create.

olympiaprovisions.com

THE JAM STAND

Jessica Quon and Sabrina Valle run Brooklyn's happiest food company. They combine fresh, natural produce and nonstop positivity to make jam with unforgettable flavor combinations.

They topped a Triscuit with their cherry ginger jam, a slice of brie and chopped walnuts. It's sweet, savory and has The Jam Stand's signature touch.

thejamstand.com

> We are impressed with Kalon's dedication to sustainability. We appreciate experiencing the evolution of its distinctive design point of view."
>
> —Eric Pike, design judge

a crib when they were expecting another baby, and a sofa when they moved into their new home. "One of us will say, 'Wouldn't it be cool if . . . ?'" says Pauwen. And then the conversation begins. The two talk through an idea, "going back and forth, anywhere from five minutes to several weeks," he says. Then they make an initial sketch before Pauwen builds a virtual 3-D model on the computer. "By the time we get to the prototype phase, the design is basically done," says Simmering. At that point, Pauwen works closely with the factory on production, while Simmering, a former freelance writer with an M.F.A. in creative writing, focuses on marketing.

Now that their daughters are older (ages nine and six) and their business has grown, they are able to plan on a larger scale. Kalon is bringing out new designs at a steady rate, including an upholstered series with a sectional, sofa, and chaise, as well as a bedroom set. For each piece introduced, the new materials are thoroughly researched "to make sure that they meet not just industry standards of sustainability but our own," says Pauwen. Sometimes that means rejecting what the couple originally wanted in favor of something else. "We are as transparent as possible, because we both so earnestly want to create a product that our customers can completely trust," says Simmering.

Yet like any small business, Kalon faces challenges. One continual struggle is the loss of woodworking factories in the U.S. They are hoping to reverse that trend by opening their own factory in the future for like-minded companies that are interested in manufacturing high-quality, sustainable goods domestically. "Every year something comes up that I feel could put us out of business, and I think maybe we should just stop," says Simmering. "But then I think about what I would do. And the answer is always just this: I would do the same thing again." —*Melissa Ozawa*

A Life's Work

Clockwise from top left: **Simmering and Pauwen discuss materials at a woodshop they work with in Los Angeles. The couple talk through new designs in their home studio, which is equipped with many of Kalon's pieces. Since they are self-employed, the couple are able to blend work and family life; here, a view from their Los Angeles home. The inspiration board in their studio.**

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SEPTEMBER

PHOTOGRAPH BY PIA ULIN

Step Into a New Season

When Kelli Cain and Brian Crabtree rebuilt their home, they used wood from the original structure to line the walls and also planed a couple of pieces themselves to create a shelf and floating bench. The coat hooks are vintage knobs. To find out what else this resourceful couple constructed and designed, see page 82.

foolproof preserving

(NO PRESSURE)

Jams, jellies, and pickles look luminous in glass jars. Any clean, freezer-safe nonreactive container with an airtight lid will do.

Our new favorite jams, jellies, and pickles are every bit as delectable as old-fashioned state-fair winners, but we've streamlined the process of making them. Forget what you've been told you need—an enormous pot, boiling-water baths, sterilization guidelines, and so on. Instead, turn out small batches with the fruits and vegetables you find at the farmers' market on any given day. The pickles and preserves all keep in the fridge or freezer for months—and each is worthy of a blue ribbon of its own.

PHOTOGRAPHS BY
Christopher Testani

Think beyond the classic cukes—you can pickle all manner of vegetables and fruits. Just slice them and soak them in a seasoned brine, sour or sweet. Serve the pickles as part of a cheese platter, on sandwiches, or as a simple side. The tomatoes and tarragon beans are excellent in a Bloody Mary.

OPPOSITE, CLOCKWISE FROM TOP LEFT A briny vinaigrette dresses this green salad with pickled beets and fresh figs. Pickled peaches make a bracing accompaniment to meats, like this chicken cutlet. For a play on pickled shrimp, top rye toast with a mix of shrimp and pickled green tomatoes and radishes. Tangy, spicy, creamy: The flavors of pickled onions and peppers, three kinds of cheese, and soppressata are beautifully balanced on this pizza.

PICKLED-BEET AND FIG SALAD

Pickled-Peach and Mozzarella Salad With Fried Chicken Cutlets

White Pizza With Pickled Onions and Peppers

>> For recipes, see page 126.

PICKLED GREEN TOMATOES AND SHRIMP TOAST

CAN-DO: JELLIES

smooth and sweet

Made by simmering and straining fruit, jelly gets its glossy translucence and silken texture from fresh juice. We used the smallest amount of sugar that would still allow the mixtures to set (thanks to a reaction between the sugar, acid, and naturally occurring pectin in the fruit). Besides breakfast and peanut-butter sandwiches, these preserves are excellent with cheese, like this semifirm pecorino.

Unlike jelly, jam contains pieces of fruit—in fact, it's not much more than the fruit cooked down with sugar until it becomes thick and spreadable. Like jellies, jams freeze beautifully, so you can enjoy the taste of summer long after the season is gone.

Tender cake, plum jam, and a buttery topping make every bite of this dessert triply delicious. It's the perfect portable treat and can be made with any flavor of jam.

>> For recipe, see page 128.

Created by Sarah Carey,
Ayesha Patel, and Jennifer Wagner
Text by Amy Conway

preserving
MADE EASY

Making any of these small batches is manageable—and economical, since you don't need a lot of produce. Whenever you make jams, jellies, or pickles, start with excellent-quality produce, and wash it well. (It's also a good idea to run your jars or other containers through the dishwasher before you begin.)

Jellies

To determine whether or not the jelly is done cooking, use a candy thermometer and the "sheeting method," described below. Don't use overripe fruit for jelly, as it may not set up well.

Active Time: **45 min.**
Total Time: **About 5 hours**
Makes: **3 to 3½ cups**

- **3 pounds fruit, cut into 1-inch chunks if large, stone fruit pitted**
- **Water (see amounts, *below*)**
- **Sugar**
- **2 tablespoons fresh lemon juice**
- **Coarse salt**

1. Combine fruit and water in a saucepan. Bring to a boil, reduce to a simmer, and cook, partially covered, mashing occasionally with a potato masher, until fruit is very soft, 10 to 15 minutes. Transfer mixture to a fine sieve set over a heatproof bowl; let drain without pressing on fruit, 4 hours. Strain again through sieve lined with damp cheesecloth. Measure juice; you will have 3 to 4 cups.

2. In a large heavy-bottomed pot, bring juice to a boil. Add ¾ cup sugar for each cup of juice. Add lemon juice and ¼ teaspoon salt. Return to a boil and cook, stirring frequently, 8 to 12 minutes. To test if jelly is done, dip a large metal spoon in, lift it horizontally above pot, and let mixture drip back in. Jelly is done when mixture has thickened slightly and drops of it slide together off spoon in a sheet. (Temperature should register 221° on a candy thermometer.) Skim foam from top.

3. Ladle jelly into clean containers, leaving ¾ inch of headroom. Let cool completely. Cover, label, and refrigerate up to 1 month, or freeze up to 1 year.

APPLE
- **3¾ cups water; use 2 pounds McIntosh and 1 pound Granny Smith, cut up with cores and skin**

GRAPE
- **1 cup water**

PLUM
- **1½ cups water**

RASPBERRY
- **1½ cups water**

Jams

The skins from stone fruit will contribute color and flavor to the jam. But for a smoother mixture, you can start by peeling peaches or nectarines: Carve an X in the bottom of each and plunge them into boiling water for 30 seconds, then transfer them to an ice-water bath to stop the cooking; the skins will slip off. For plums, just lift the skins out of the cooked jam with a fork.

Active Time: **20 min.**
Total Time: **45 min.**
Makes: **About 5 cups**

- **3 pounds fruit (see options, *below*), cut into 1-inch chunks if large, stone fruit pitted**
- **1½ pounds sugar (3⅓ cups)**
- **Coarse salt**
- **2 tablespoons fresh lemon juice**

1. Stir together fruit, sugar, and ¼ teaspoon salt in a large heavy-bottomed pot. Bring to a boil, stirring until sugar is dissolved and mashing fruit with a potato masher. Add lemon juice; continue to boil, stirring frequently, until bubbles slow, chunks of fruit show at top, and mixture clings to a spoon but falls off in clumps, 10 to 12 minutes. Skim foam from top.

2. Ladle jam into clean containers, leaving ¾ inch of headroom. Let cool completely. Cover, label, and refrigerate up to 1 month, or freeze up to 1 year.

MIXED BERRY
- **1 pound each raspberries, blackberries, and strawberries**

NECTARINE-RASPBERRY
- **2¼ pounds nectarines**
- **12 ounces raspberries**

PEACH
- **3 pounds white or yellow peaches, peeled (optional)**

PEACH-PLUM
- **1½ pounds each peaches, peeled (optional), and plums**

PLUM
- **3 pounds plums**

RASPBERRY
- **3 pounds raspberries**

Pickles

Sour Pickles

Active Time: **15 min.**
Total Time: **1 wk.**
Makes: **2 pints**

- **1½ cups distilled white vinegar or apple-cider vinegar**
- **2 teaspoons sugar**
- **½ teaspoon whole black peppercorns**
- **½ teaspoon coriander seeds**
- **3 whole allspice berries**
- **2 dried bay leaves (omit with tarragon beans)**
- **Coarse salt**
- **Vegetables or fruit (see options, *below*)**

Combine vinegar, ¾ cup water (½ cup for cucumbers), sugar, spices, and 2 tablespoons salt in a saucepan. Bring to a boil, stirring until sugar is dissolved. Fill clean containers tightly with vegetables or fruit. Add boiling brine to cover completely. Let cool completely. Cover, label, and refrigerate at least 1 week before serving, or up to 3 months.

CHERRY TOMATOES
- **4 cups very small cherry or grape tomatoes, plus 2 small sprigs rosemary**

CHILE CAULIFLOWER
- **4 cups small cauliflower florets, plus 4 sprigs thyme and 2 small fresh chiles**

DILL BEETS
- **12 ounces baby beets, peeled and cut into ½-inch wedges, plus 8 sprigs dill and 4 cloves garlic; add beets to brine with spices in step 1**

DILL CUCUMBERS
- **1 pound Kirby cucumbers, trimmed and cut into ½-inch wedges, plus 8 sprigs dill and 4 cloves garlic, peeled**

GREEN TOMATOES
- **4 small green tomatoes (1 pound), cut into ¼-inch slices, plus 6 thin slices white onion**

ONIONS AND PEPPERS
- **2 small red onions (8 ounces), 8 baby bell peppers (8 ounces), and 1 small jalapeño, all cut into rings**

RADISHES
- **32 very small radishes, trimmed, halved if large**

SPICY CARROTS
- **10 ounces baby carrots, peeled and cut into ⅛-inch slices, plus 2 thin slices habañero pepper**

TARRAGON BEANS
- **12 ounces green or wax beans, plus 2 sprigs tarragon (omit bay leaves)**

Sweet Pickles

Active Time: **15 min.**
Total Time: **1 wk.**
Makes: **2 pints**

- **1½ cups distilled white vinegar or apple-cider vinegar**
- **1¼ cups sugar**
- **½ teaspoon mustard seeds**
- **½ teaspoon whole black peppercorns**
- **¼ teaspoon celery seeds**
- **¼ teaspoon turmeric**
- **Coarse salt**
- **Vegetables or fruit (see options, *below*)**

Combine vinegar, sugar, spices, and 2 tablespoons salt in a saucepan. Bring to a boil, stirring until sugar is dissolved. Fill clean containers tightly with vegetables or fruit. Add boiling brine to cover completely. Let cool completely. Cover, label, and refrigerate at least 1 week before serving, or up to 3 months.

CUCUMBER CHIPS
- **16 ounces Kirby cucumbers, trimmed and cut into 1-inch rounds, and ½ small white onion, cut into ¼-inch wedges**

PEACHES
- **6 small peaches, preferably freestone, peeled (see Jams, *above left*), halved, and pitted; replace spices with 2 small dried bay leaves, 1 whole clove, ¼ teaspoon whole peppercorns, and ½ medium cinnamon stick**

SHAVED GOLDEN BEETS
- **12 ounces peeled and very thinly sliced golden beets (about 16)**

>> For our hot-pepper-jelly recipe, see page 128.

A HANDCRAFTED

HOME

With enthusiasm for both high-tech innovation and handmade design—and a willingness to put in some hard labor—a young couple rebuilt a neglected 100-year-old farmhouse into a stylish space brimming with reclaimed pieces, clean lines, and warmth.

PHOTOGRAPHS BY PIA ULIN | TEXT BY CATHERINE HONG

ELEMENTS OF STYLE

Kelli Cain and Brian Crabtree opted for nine-foot-tall windows, then designed the rooms around them, so that a different aspect of the interiors can be viewed from the outside through each; the low leather couch keeps the vantage point clear. On the wall: an aged-brass desk lamp for reading. *Opposite:* Stones found by the brook on-property accent the pizza oven. Building it "felt like the right thing to do," says Crabtree. "Food is the center of all our parties." A step from the old house is now a hearth. The pizza peel was carved from maple wood by a sculptor friend, Michael O'Malley.

Woven-cord lounge chair, *by Carl Hansen, abchome.com.* **The Miller lamp**, *in White Quartz With White Linen Shade, stoneand sawyer.com.* **Chunky braided wool rug**, *rh.com.* **Mina blanket**, *in Beige and White, forestryathome.com.* **Sheepskin**, *by Green Shepherd Farm, luckydogorganic.com.*

WHEN KELLI CAIN and Brian Crabtree bought a two-story farmhouse in upstate New York, it was the land they fell in love with. Open fields, apple orchards, and a forest sprawled across the 35 acres; there was even a big barn—the perfect workspace for Monome (*monome.org*), the couple's digital-music-hardware business. But the house itself needed work. "The rooms were dark, and the flow was awkward," says Cain. "We knew we had to gut the place and start again."

And so they drew up their plans on SketchUp, a 3-D-modeling software program. After hiring someone to demolish the old structure and install a new frame and insulation, they proceeded to complete the rest of house themselves. Neither had any renovating experience, but, as Cain puts it, "we knew our way around a chop saw and drill."

The two met as grad students at California Institute of the Arts. He was earning a graduate degree in music composition; she, in experimental animation. They became a couple while collaborating on sound-art installation pieces. "That's where we got intense about measuring and precision—two things you need to build a house," says Cain.

But to get your hands dirty—to actually plaster walls, hone concrete, lay bricks for a pizza oven—you need more than that. You need the audacity to push drastically past your comfort zone and, frankly, a blazing sense of confidence. Both of which are the very qualities Cain and Crabtree share.

"We spent lots of time in the library," says Crabtree. "The Internet is great for research, but for depth of knowledge, nothing comes close to a well-written book." They "basically followed directions" from *The Bread Builders* (Chelsea Green) to install the pizza oven. As they grew more skilled, they added to their project list. Crabtree built both staircases; Cain, a ceramist (*kellicain.com*), made the tiles for the kitchen backsplash. "We like the idea of learning one new thing every day," she says.

They also adhere to the notion of sustainability. "We didn't want to build something that would be a burden to the universe," says Cain. So they splurged only on select details (such as the windows and lighting) and repurposed materials wherever they could. The massive sliding door separating the work and living space, for instance, was reclaimed wood from the old house's floorboards.

After 18 months, the house was transformed into a space that's airy and loftlike, with pitched 15-foot ceilings, a partial second floor, and colors and textures from nature. As is to be expected, imperfections exist. But there's pleasure in owning those mistakes. "When you shape your space," says Crabtree, "you have a close relationship with every detail"—from the smooth, expertly executed walls most recently plastered to those done earlier, which are checkered with hand marks. "They look awful, but I don't mind," Cain says. "When I see them, I think to myself, 'I did that!'"

OPEN STUDIO

Cain took up ceramics three years ago when she "wanted to do something on her own that was physical, not computer-based." Her table, built on reclaimed-wood beams, rests on casters, so it moves easily around her workshop. An elegant porcelain-enamel lamp (from Barn Light Electric) hangs overhead.

KITCHEN ARTS

When the couple's juicer broke, Cain made a new one for Crabtree's birthday. *Left:* The kitchen highlights their handiwork—and resourcefulness. The gray slats are reclaimed wood from the barn's old milk-house ceiling. The island is a butcher block that was salvaged from the house demolition, then milled, glued up, sanded, and oiled.

Navy Demre linen-blend Turkish peshtemal towel, *simplelife istanbul.com.* **Sarpaneva pot,** *iittala.com.*

TO HAVE AND TO HOLD

Inspired by bone, Cain created these vases by playing with white and cream glazes. The nubby vessel is a meditation on textural contrasts. *Right:* To save space, Crabtree built an iron spiral stairway (from a kit on the Internet). The shelving is bracketed with iron pipes from a hardware store. They echo the railing and allow Cain to adjust the shelf height to accommodate her work.

STYLE MEETS SUSTENANCE

Cain's stoneware, shown here, consists of necessary tools for their daily routine, including coffee-brewing. The countertops are quartz composite from a local company. Cain learned how to fire the ceramic tiles herself to form the geometric backsplash. *Opposite:* Cain's favorite corner of the house is the sun-drenched dining nook with a view of the orchard. The table was made "out of urgency" when friends were coming over and the couple still lived in the barn during the rebuild. Crabtree made the tabletop out of the original house's wood floors, and the benches out of ash sourced from a local mill. Cain stitched up the linen pillowcases by hand. "Sewing is something I grew up with," she says. "My mother was always making curtains and clothes." Now Cain sews most of her own, too.

HOUSE PROUD

1. Cain describes her ceramics as an attempt "to encapsulate my environment and archive my time here." So the colors are subtle and earthy—browns, blacks, and grays, but also muted whites and silvery blues, a reflection of a wintry sky. **2.** The sink, painted the green of native lichen, is from a local salvage yard; they placed it on a shelf and left the plumbing exposed "for both aesthetic and economic reasons." **3.** The concrete floors throughout the house look seamless, so they flow as one space. The ceiling is pine from a local lumberyard—which the couple planed and milled themselves. The floating shelf is carved out of sugar maple; like the pizza peel, it's a gift from O'Malley, who also taught the couple how to plaster walls. **4.** Barn posts that needed to be replaced found a new life: sawed into boards for a table. **5.** The tub, spotted at a local salvage yard, was missing claws, so the couple placed it on hemlock-wood blocks. "It warmed up the look and gave it a modern edge," says Cain. **6.** Crabtree stands by the pizza oven, which replaced an old fireplace. *Opposite:* The expansive stretch of reclaimed wood that divides the ceramics studio and the living room slides on a rail fashioned from an iron bar. "The design allows the southern exposure to brighten the rest of the house when it's open, while giving us the option of a visual separation from work when it's closed," says Cain. The woodstove (a Morso 7110) is the couple's main heating source. "We appreciate the routine of gathering around it at the end of every day."

Driftwood bowl, *in Grey Oval, abchome.com.* **Hand-woven Moroccan basket**, *in Large, food52.com. Opposite:* **Luxe mohair throw**, *rh.com.*

Produced by Ayesha Patel and Jennifer Wagner

FULL MOON

⊗ Drill large holes in a shelf to fit containers for pencils, scissors, and other office supplies.

⊗ Fashion a "drawer" by positioning a shelf just under the desktop. It's a great landing spot for personal electronics.

>> For how-tos, see page 124.

SHELF HELP

Can shelves bring you inner peace? Of course not, but they can help you better **ORGANIZE YOUR LIFE** so that having to locate a pencil doesn't induce an all-out anxiety attack. The beauty of wall-mounted shelves is that you don't have to be a furniture maker to install them. All you need, in fact, is planks in the material of your choice (wood, glass, stone—whatever strikes your fancy) and something to hold them up (brackets, standards, or both). On these pages, we present five **SMART AND STYLISH WALL SHELVES** for the hardest-working rooms in your home. So breathe easy—shelf-actualization is within reach.

photographs by AARON DYER | *text by* FAN WINSTON

no. 1

CHANGE IT UP

Adjustable shelves make it simple to create (and customize) an orderly home office.

This all-in-one piece is especially practical if your home office is little more than a desk nook. The workhorses of the unit are the three steel standards that run vertically on either side of the shelves and down the middle. Once they're mounted to the wall, it takes seconds to raise or lower bracketed shelves according to your needs. To make this piece, we cut oak plywood planks in three depths: 12 inches for the top three shelves, 8 inches for the shallow shelf just above the desk, and 24 inches for the desk itself and the shelf below it. (The widths are 54 inches and 24 inches.) Then we upgraded the boards by edging each with a strip of leather and adding a copper tack to either end.

Shelving standards, *by Elfa, 63", in White;* **brackets,** *by Elfa, 7", 10½", and 22½", in White; and* **Bigso Marten magazine files and boxes,** *containerstore.com.* **Oak plywood shelves,** *¾", homedepot.com.* **Heavyweight natural cowhide-leather strips,** *¾", tandyleather.com.* **Copper tacks,** *vandykes.com.* **Poly bookends,** *eggcollective.com.* **Hotel desk lamp,** *atelierdetroupe.com.* **Tre 3 chair,** *suiteny.com.*

no. 2

SHOW YOUR TRUE COLORS

A fresh coat of paint in an eye-catching hue adds personality to wooden shelves and brackets.

If you like the look of custom-built shelves but don't like their price point or permanence, consider mounting wooden shelves and brackets. For this laundry-room make-over, we installed open shelves—held up by simple but substantial wooden brackets—then added a rounded wooden edge for a more finished look and placed a plank on top of the washer and dryer to create an even surface for folding. Each piece was covered with semigloss paint (easier to clean than matte) for a unified appearance. Extra touches like shelf dividers and a rod for storing hangers make organizing easy. The result: a bright and clean space that only *look*s custom-made.

MDF panels, *¾" by 4' by 8'; and* **pine half-round moldings,** *⅜" by ¾" by 96", homedepot.com.* **Lancaster Shaker brackets,** *osbornewood.com.* **Plush bath towels,** *by Martha Stewart Collection, in White, macys.com.* **9100 Series washer and dryer,** *samsung.com.*

These separators are the same type of brackets used to hold up the shelves. We just installed them upside down.
We made the shelves 12 inches deep, big enough to fit all your laundry essentials and also allow for hanger storage, *below*.
This is simply a metal drapery rod! All we did was drill a hole slightly larger than the rod's diameter on the inside of each bracket.
SAMSUNG
SAMSUNG

We called attention to the gorgeous brackets by displaying complementary brass containers on the shelves.

These brackets come in two sizes. Marble shelves (actually, windowsills!) fit the large one perfectly.

no. 3

FIND A SUITABLE MATCH

Allow the surroundings to dictate the materials.

For a seamless design in this kitchen, we chose marble shelves to match the countertop. Such shelving can be expensive when you factor in having the stone cut to size, but we were able to make ours affordable by using precut marble windowsills. (If you prefer slimmer shelves, marble door saddles are also a great option.) We paired the shelves with contemporary brass brackets and limited the items stored on them to a palette of black, white, metallic, and neutral tones for an effortlessly chic, pulled-together effect.

Large Strap shelf brackets, *in Aged Brass, rejuvenation.com.* **Polished-marble windowsills,** *36" by 10", in White Gray, marblethresholds.com.* **Kaikado tea canisters,** *tortoisegeneralstore.com.* **Spices** *and* **salt,** *marchsf.com.*

no. 4

GET A FRESH START

Sometimes all it takes is a tiny tweak to turn a common design into an uncommonly cool piece.

Glass shelves are popular in the bathroom for good reason: They're a breeze to clean and can handle spills and steam with ease. For a more stylish take on clear shelving, opt for milk-glass shelves to match your tub and tile. Ours are nine inches deep—narrow enough that they don't jut out too much from the wall, but deep enough to hold necessary toiletries. (Standard shelving sizes are between 8 and 12 inches.) If you can't find the size you need, consult a local glass fabricator.

Shelves, *9" by 30" by ¼", in Pure White With Polished Edges, capitolglassnyc.com.* **Shelf hangers,** *by Ferm Living, in Gray, danishdesignstore.com.* **Quick-Dry towels,** *by Martha Stewart Collection, in White Chalk, macys.com.*

Our powder-coated metal brackets are intended for wooden shelves, but their streamlined design suits slim glass as well.

If you prefer more color, simply cover the undersides of clear glass shelves with glass paint.

SAFE AND SECURE

Here are two surefire ways to keep your wall shelves upright.

Look for Studs

Wall studs are the vertical beams that make up the frame of your home. The preference, when mounting shelves to the wall, is to screw brackets or standards into studs; this ensures a strong installation, especially important if you plan to store books or other heavy items on the shelves. But finding a stud is easier said than done. You can use an electronic stud detector (though that's not always reliable)—or, if you don't mind plastering over holes, you can do it the old-fashioned way and hammer a small nail into the wall until you hit a stud. Most studs today are one and a half inches wide and are spaced 16 inches apart, from the center of each stud; some are 24 inches apart.

Find a Fastener

If you can't attach the brackets or standards to studs, then it's imperative to use anchors or bolts that spread out once they're in the wall to create a strong hold. The type of fastener you should use depends on the type of wall you have. For lightweight shelving, like that on this page, use screw-in anchors for drywall, or plastic sleeves that accept #8 screws for plaster walls. For bookshelves and other heavy-duty shelves, like the ones we installed in the laundry room (see page 92), use molly bolts or toggle bolts for both drywall and plaster. For more information about different kinds of fasteners, go to *martha stewart.com/wall-anchors.*

For pops of color, paint just the ends of the pegs.

Line up your everyday accessories in an orderly fashion—so you can just grab and go.

no. 5

MAKE A GOOD FIRST IMPRESSION

This simple grid-like system is modular shelving at its chicest.

You needn't hide things away in a closet when your entryway is this attractive and organized. We simply cut 10-inch dowels and screwed them into the wall, spaced evenly (each pair is 16 inches apart), then placed a few store-bought shelves on them. We also mounted five-inch dowels for hanging umbrellas and such. The beauty of this grid system is that you can add and subtract shelves as you please. Need more storage for mail? Pop in another shelf! Guests coming? Take away a couple for extra space to hang coats.

Sand melamine shelves, *8" by 24", containerstore.com.* **Dowels,** *1¼" by 72"; and* **Seneca 5-piece framed mirror set,** *by Martha Stewart Living, homedepot.com.* **Woven rush bench,** *by Smilow Design, suiteny.com.*

Created by Lorna Aragon and Jaspal Riyait

ROOTED IN HISTORY

The preservation of the gardens at Meadowburn Farm, in northwestern New Jersey, gives new life to the legacy of beloved writer Helena Rutherfurd Ely.

PHOTOGRAPHS BY NGOC MINH NGO
TEXT BY MELISSA OZAWA

GREEN ACRES

Left: **Created in 1914, the evergreen garden was the last area Ely planted at Meadowburn.** ***Right:*** **The Coster-Gerard family embellished the space with garden ornaments, including the pool's fountain, as seen today.**

"With a trowel in hand and joy in my heart": So wrote the noted garden writer Helena Rutherfurd Ely when she set to work at Meadowburn Farm, her country home in Vernon, New Jersey. For years she took pleasure in her gardens. "Meadowburn was all very much a product of Ely's personal vision—everything from the layout to the plants to the practical horticultural techniques that were employed there," says garden manager Quill Teal-Sullivan, who is currently leading its preservation efforts.

A founding member of the Garden Club of America, Ely transformed the gardening world when she published *A Woman's Hardy Garden* in 1903. "It met a niche in garden literature that hadn't been met yet," says Teal-Sullivan. Written by an American woman for American women of all horticultural levels, the book was one of the most influential gardening manuals of its time—filled with practical advice on growing (including design plans and detailed planting information), and infused with Ely's passion for horticulture. "She inspired women to take on gardening, defying the social norms of her day," says Teal-Sullivan. Her influence spanned generations and even inspired Martha, who read all of Ely's books when she was designing her first garden.

For the past four years, the six-acre garden has been undergoing extensive rehabilitation. Teal-Sullivan has been working closely with the Coster-Gerard family, which has owned Meadowburn since they bought it from Ely's son 10 years after the writer's death in 1920. Over the years, the family made few changes, so it remains close to what Ely created. The gardeners themselves are staunch protectors of her vision, too. Ely hired a young farmhand, Albert Furman, as gardener in 1883. "She taught him everything," Teal-Sullivan says. He passed on this knowledge to his son Albert Jr., who then passed it on to his nephew Walter DeVries, who still helps out at the property. "The gardeners were always quite stubborn," says Teal-Sullivan of their loyalty to Ely's legacy. "Even to this day, I'll hear, 'We do it this way because this is how Mrs. Ely did it.'"

Preserving the garden has been full of challenges and leaps of faith. Hedges have been eaten by voracious deer, and trees have come down due to storms or have grown tall over time, casting sunny areas into shade and vice versa. The perennial beds in the formal garden had to be dug up to combat invasive weeds. Still, the garden delights. Teal-Sullivan ultimately transplanted those perennials to the picking beds, combining them with old-fashioned annuals. The mixed borders overflow with many of Ely's favorites—phlox, nigella, petunias, and nicotiana—and romantically recall another time. The evergreen garden includes a reflecting pool surrounded by conifers, providing a calming verdant oasis. The 150-foot dahlia allée—filled with heirloom varieties—erupts with color in late summer, as it has done for more than a century.

For nearly 40 years, Ely imbued Meadowburn with a generous spirit—welcoming visitors, offering advice, and sharing plant material. Today Teal-Sullivan and the Coster-Gerard family are keeping the tradition alive. The garden is open by appointment, with the hopes of making it even more accessible soon. "People fall under the Meadowburn spell," she says. "You get trapped by all the beauty here, and it's hard to leave."

B. DANFORTH ELY & FAMILY (VINTAGE PHOTO); ILLUSTRATIONS BY NATASHA TIBBOTT

IN THE PINK

"There is no flower in the garden more beautiful, more easily cultivated or giving so much bloom as the phlox. I could certainly never have a garden without it," wrote Ely in *A Woman's Hardy Garden*. Teal-Sullivan transplanted Ely's beloved pink phlox from the formal garden to the picking bed, combining it with Ely favorites such as an old-fashioned fragrant petunia in white, hot pink, and lavender.

ONE WOMAN'S VISION

1. Terra-cotta pots are stacked and ready for planting. **2.** Foxgloves grow by the greenhouse. **3.** A sphinx-like relief is one of the several decorative features in the evergreen garden. **4.** The pool garden was completed around 1905 and is framed by hemlock hedges and arbor-vitae. **5.** Ely's first book, *A Woman's Hardy Garden*, was a best seller and was printed 16 times; she wrote two subsequent books, including *The Practical Flower Garden*, a copy of which is shown here, signed to her "faithful friend and gardener," Albert Furman. **6.** 'Helena Rutherfurd Ely' dahlias can reach 10 inches in diameter and grow on sturdy purple stems. **7.** An opening in the stone wall leads to the evergreen garden. **8.** Teal-Sullivan plants the picking garden with varieties she thinks Ely would have used: "Ely was an experimenter," she notes, "so part of my philosophy when gardening is to emulate her and give myself some flexibility by trying new things."

DOWN THE GARDEN PATH

In the formal garden, Ely planted wisteria along the rustic pergola, which was constructed from cedar wood found on the working farm at the end of the path. "Ely was a real 'dirt gardener,'" says Teal-Sullivan. Through her books, Ely encouraged women to take an active role in the garden. "Patience and perseverance are traits necessary to the gardener. One must not be discouraged, but determined to succeed," she wrote in *A Woman's Hardy Garden*.

MEADOWBURN'S DAHLIAS

1. 'Jane Cowl'—the only previously identified cultivar, featuring peach petals tinged with gold. **2.** The cactus dahlia 'Meadowburn Albert Furman,' a prolific bloomer. **3.** The antique peony-flowered 'Meadowburn Danny Bea,' magenta with streaks of maroon. **4.** 'Meadowburn Byba Vincenza,' with its bobbing magenta form. **5.** 'Meadowburn Clara Helen,' with fuchsia-and-white blooms. **6.** 'Meadowburn Old Tweet,' which can reach nine feet. **7.** The decorative yellow-and-bronze 'Helena Rutherfurd Ely.'

IN FULL BLOOM

Dahlias were all the rage in the 19th century, when thousands of cultivars were grown and bred. But as interest waned, many cultivars were lost forever—which is why Meadowburn's dahlias are so significant. For more than 100 years, they have been carefully tended the same way: The tubers are planted in rows after the last frost in spring. All the shoots are pinched back except one, letting the single stalk grow. "That's one reason our dahlias are so tall," says Teal-Sullivan. After they've bloomed, the tubers are removed each autumn and stored on earthen banks in the cellar, where they are spritzed with water so they don't dry out or shrivel. "Albert Furman Sr. was dedicated to the dahlias, which explains how they survived all these years," she says. Subsequent gardeners continued Ely's methods, simply because it was the tradition. "It's not conventional," Teal-Sullivan admits, "but it's the Meadowburn way." Since no record of the dahlias' names existed, she worked doggedly to identify the varieties, enlisting help from experts. In the end, only the rare cultivar 'Jane Cowl' was recognized, and she furnished the remaining six with new names. All can be purchased from Meadowburn Farm (*meadowburnfarm.com*).

Produced by Melissa Ozawa

TIME IS ON YOUR SIDE

It's one thing to want to share a homemade dinner with your family, and quite another to find the time to prepare it at the end of a busy day.

But actually, when you think of it that way—*finding the time*—the task becomes more doable. You can cook when it works for you, according to the type of cook that you are.

On the following pages, we present four realistic mealtime scenarios and strategies that will help you get delicious, nutritious home-cooked dinners on the table—so you can reap all the benefits (conversation! togetherness!) that come along with them.

PHOTOGRAPHS BY
ANNA WILLIAMS
TEXT BY
AMY CONWAY

TYPE ONE

The Freezer Cook

THE PROFILE
Your schedule means that you can't cook every weeknight—but you don't want to resort to takeout. You'd like to feed a group in a matter of minutes, but you'd also like small serving options, so the non-cooks in the house can fix dinner for themselves when you're not home.

THE PLAN
Invest a few hours in cooking one afternoon or evening, and enjoy the payoff over multiple meals (it's like having money in the bank). Hearty soups, stews, and casseroles are all generally freezer-friendly.

CONTINUED ON PAGE 106

+

FRESH HERBS—LIKE BASIL—DON'T FREEZE WELL, SO ADD THEM JUST BEFORE SERVING A DISH.

Freeze the season: Tomatoes, zucchini, green beans, Swiss chard, and other late-summer and fall vegetables make a substantial, vibrant minestrone that will brighten chilly evenings.

Collector's enameled cast-iron round casserole, *by Martha Stewart Collection, 8 qt., in Blueberry, macys.com.*

The Freezer Cook

CONTINUED FROM PAGE 104

TIPS

+ Divide soups and stews into smaller portions instead of freezing a big batch. Measure out amounts for one, two, or four servings—whatever works best for your household.

+ To fill a resealable freezer bag neatly, place the bag in a bowl or glass, cuffing the top over the edge of the vessel, then ladle in the cooled soup or stew. Don't overfill—it makes the bag too bulky.

+ Label the container with the food name and the date frozen—and don't forget to add cooking instructions as necessary. Permanent markers are great for labeling bags and foil; freezer tape is better for reusable containers.

+ To save space, lay bags flat in the freezer until they're frozen. Then you can stack or stand them on end to store them.

LATE-SUMMER-VEGETABLE MINESTRONE

Active Time: **1 hr.**
Total Time: **1 hr. 25 min.**
Serves: **8**

- **¼ cup extra-virgin olive oil**
- **2 small onions, chopped (2 cups)**
- **3 large cloves garlic, minced (2 tablespoons)**
- **3 carrots, peeled and cut crosswise into ¼-inch rounds, larger rounds halved (1 cup)**
- **2 celery stalks, cut crosswise into ¼-inch pieces (1 cup)**
- **1 bunch red Swiss chard, leaves torn into small pieces (4 packed cups), stems cut crosswise into ½-inch pieces (1½ cups)**
- **8 ounces green beans, trimmed and cut into 1-inch pieces (2 cups)**
- **4 medium ripe tomatoes, peeled (optional) and diced (2 cups)**
- **Coarse salt and freshly ground pepper**
- **2 medium zucchini or yellow squashes, or a combination, cut into a ½-inch dice (3 cups)**
- **1 Parmesan rind or ¼ cup finely grated Parmesan, plus more, grated, for serving**
- **1 can (15 ounces) butter beans, cannellini beans, or chickpeas, drained and rinsed**
- **Fresh basil leaves, torn if large, for serving (optional)**

1. Heat oil in a large pot over medium. Add onions and garlic; cook, stirring occasionally, until onions are translucent, about 5 minutes. Add carrots, celery, and chard stems; cook, stirring occasionally, until chard stems are translucent, about 10 minutes. Add green beans and tomatoes. Season with 2 teaspoons salt; cook, stirring occasionally, until beans and tomatoes start to soften, 5 minutes.

2. Add zucchini, 5 cups water, Parmesan rind, and butter beans. Bring to a boil, then reduce to a simmer. Cook until all vegetables are softened, about 25 minutes, adding chard leaves in last 2 minutes of cooking. Season with salt and pepper. Serve immediately, topped with grated Parmesan and basil, or freeze up to 3 months.

TYPE TWO

The Smart Shopper

THE PROFILE

You enjoy coming home and preparing dinner, and know that keeping a well-stocked fridge and pantry means you can get cooking (and eating!) quickly. You don't choose your recipes in advance, preferring to buy what looks good and is well priced at the store.

THE PLAN

Do a big shop on Sunday to get set up for the week. Pick up mix-and-match ingredients for meals: several proteins and vegetables, as well as grains and bread.

TIPS

+ Buy ingredients that keep well for several days. Use foods that perish most easily early in the week.

+ Look for quick-cooking proteins: Chicken parts, steaks, pork chops, sausages, and tofu are good choices.

+ Wash lettuces when you get home from the store so they're ready to cook (or toss into a salad) when you are. Dry them well, wrap them in paper towels, and store them in resealable bags in the refrigerator.

+ Always have on hand versatile basics, such as carrots, celery, onions, garlic, potatoes, canned tomatoes and beans, and assorted pastas and grains.

CUBAN SKIRT STEAK AND VEGETABLES

Active/Total Time: **45 min.**
Serves: **4**

- **8 small cloves garlic**
- **6 tablespoons fresh lime juice (from 2 limes)**
- **¾ teaspoon cumin seeds, toasted**
- **½ teaspoon dried oregano**
- **½ cup packed fresh flat-leaf parsley leaves**
- **½ cup plus 1 tablespoon extra-virgin olive oil**
- **Coarse salt and freshly ground pepper**
- **1 skirt steak (1½ pounds), cut into 4 pieces**
- **1 small white onion, cut into ½-inch wedges (2 cups)**
- **1 large green bell pepper, stem, ribs, and seeds removed, cut into ½-inch strips (2 cups)**
- **2 ears corn, shucked and cut crosswise into 1-inch rounds**
- **1 tablespoon unsalted butter, room temperature**
- **1 small loaf ciabatta, halved**

1. Place garlic, lime juice, cumin seeds, oregano, and parsley in a food processor. With machine running, slowly add ¼ cup plus 2 tablespoons oil until combined. Season with salt and pepper.

2. Pat steak dry and season with salt and pepper. Heat 1 tablespoon oil in a large skillet over medium-high. Add steak. Cook, turning once, until golden brown, 2 to 5 minutes a side, depending on thickness. Transfer to a plate.

3. Pour off fat from pan; wipe clean. Add remaining 2 tablespoons oil, onion, and bell pepper; cook, stirring occasionally, until vegetables are just browned, 3 to 4 minutes. Add corn; cook until browned, about 2 minutes. Return steak with juices to pan along with ⅓ cup garlic sauce. Cook, tossing, 1 minute.

4. Meanwhile, preheat a griddle or cast-iron skillet over medium. Butter both sides of bread halves. Cook, pressing with a spatula and flipping once, until golden, 5 minutes a side. Serve steak and vegetables with toasted bread and remaining garlic sauce.

ILLUSTRATIONS BY AMRITA MARINO

marthastewart.com/time-is-on-your-side
Find more recipes for each of these types of cooks.

Skirt steak is full of flavor—and ready in minutes. Here, it's seared in a hot skillet; a pepper, an onion, and corn rounds are then cooked in the same pan. Everything is doused in a lime-garlic sauce and served with griddled bread.

Blue Fluted Mega oval platter, *royal copenhagen.us.*

+ EXTRA BREAD AND LEFTOVER STEAK MAKE EXCELLENT NEXT-DAY SANDWICHES.

TYPE THREE

The Early Bird

THE PROFILE

You have more spare minutes in the morning than the evening, so you'd like to get the cooking out of the way before you really start your day. You appreciate having a meal in the refrigerator—especially on those nights when everyone eats at different times.

THE PLAN

To make a quick, easy dish before breakfast, the key is to focus on meals that reheat well—with minimum cleanup after cooking.

TIPS

+ Ingredients that aren't prone to drying out work best. Think chicken thighs instead of chicken breasts (the higher fat content keeps them moist). Ground-meat dishes and sautés with pan sauces tend to hold up, too.

+ Avoid dishes that overcook easily, such as steak, and fried foods, which won't retain their crispness when reheated.

+ Look for meals that take 45 minutes or less, and read through the recipes to make sure they won't dirty every dish in the kitchen.

+ To add a quick side, toss together a salad while you reheat the main course. Or blanch vegetables in the morning and sauté them just before serving.

+ THIS DISH CAN ALSO BE MADE WITH GROUND BEEF, PORK, OR CHICKEN.

This one-pot skillet dinner takes everyday ground turkey and rice to a flavorful new level—with Thai accents from lime juice, garlic, ginger, and coconut milk. A simple salad of basil, cilantro, and tomatoes ups the freshness factor.

ONE-POT THAI TURKEY AND RICE

Active Time: **30 min.**
Total Time: **45 min.**
Serves: **4 to 6**

To reheat this dish in the skillet, poke holes in the rice in several places with a spoon and pour in ¼ cup water. Cover and bring to a boil over medium heat.

- **½ cup fresh lime juice (from 2 limes)**
- **2 to 3 tablespoons fish sauce**
- **3 teaspoons packed light-brown sugar**
- **7 shallots, halved and thinly sliced lengthwise (2¼ cups)**
- **1 tablespoon safflower oil**
- **1 pound ground turkey**
- **1 tablespoon minced peeled fresh ginger (from a 2-inch piece)**
- **1 tablespoon minced garlic**
- **1¼ cups jasmine rice**
- **1¼ cups unsweetened full-fat coconut milk**
- **2 long sweet red peppers, thinly sliced (⅓ cup)**
- **Coarse salt**
- **16 small tomatoes, cut into wedges (4 cups)**
- **1 cup packed fresh basil leaves, torn if large**
- **1 cup packed fresh cilantro leaves, torn if large**

1. Combine lime juice, 1 to 2 tablespoons fish sauce, and brown sugar in a bowl; stir until sugar is dissolved, then stir in ½ cup shallots.

2. Heat oil in a large high-sided skillet over medium-high. Add turkey, ginger, garlic, and remaining 1¾ cups shallots. Cook, stirring to break up turkey, until browned, about 9 minutes. Add rice; cook, stirring, 1 minute. Add remaining 1 tablespoon fish sauce, scraping up browned bits from bottom of pan.

3. Add coconut milk, red peppers, 1½ teaspoons salt, and 1¼ cups water. Bring to a simmer (do not let boil); cover. Lower heat and gently simmer, stirring occasionally, until rice is tender, about 15 minutes.

4. Toss tomatoes and herbs with dressing in a large bowl; season with salt. Serve over rice, spooning dressing from bottom of bowl over top.

SERVE THE STEW OVER COUSCOUS—MAYBE THE SIMPLEST ACCOMPANIMENT EVER.

TYPE FOUR

The Hands-Off Cook

THE PROFILE
You love a warm, comforting braise (who doesn't?) but don't have time to babysit a dish on the stovetop or in the oven for hours (who does?). And when it comes to cooking in general, you like to keep it simple.

THE PLAN
Assemble ingredients in a slow cooker early in the day and then let dinner cook itself.

The power couple behind this slow-cooker braise is orange marmalade and red-wine vinegar. They give the dish a tanginess that's the perfect complement to rich pork shoulder. Peppery watercress adds a fresh, crisp finish.

TIPS

+ Tough, inexpensive cuts become meltingly tender in a slow cooker. Try pork shoulder (as here), beef brisket, or lamb shanks.

+ To modify a favorite stew recipe for a slow cooker, a rule of thumb is to reduce the amount of liquid by half—the crock traps moisture, so you don't want to start with too much stock or water.

+ If you want the cooking to take even longer, put the ingredients in the crock and chill it overnight. Then add an hour to 90 minutes to the cooking time.

+ No peeking! Every time you lift the lid, you release heat—and that slows down cooking.

SLOW-COOKER MARMALADE-AND-VINEGAR PORK

Active Time: **20 min.**
Total Time: **8 hr. 20 min.**
Serves: **8**

If you have leftovers, refrigerate the pork in the sauce—it will help keep the meat moist.

- **4½ pounds pork shoulder, excess fat trimmed, cut into 2-inch pieces**
- **Coarse salt**
- **1 teaspoon fennel seeds, toasted**
- **½ teaspoon red-pepper flakes**
- **¾ cup orange marmalade**
- **¼ cup red-wine vinegar**
- **1 sprig rosemary**
- **4 cloves garlic, peeled and smashed**
- **2 cups uncooked couscous**
- **2 teaspoons extra-virgin olive oil**
- **2 cups boiling water**
- **1 bunch watercress, tough stems removed, ½ cup finely chopped, the rest left in whole sprigs, for serving**
- **Flaky sea salt, such as Maldon, for serving**
- **1 small orange, cut into wedges, for serving**

1. Very generously season pork with coarse salt and place in a 5- to 6-quart slow cooker. In a small bowl, mix together fennel seeds, red-pepper flakes, marmalade, vinegar, rosemary, and garlic; pour over pork. Cover and cook on low until meat is pull-apart tender, about 8 hours.

2. Meanwhile, combine couscous, ½ teaspoon coarse salt, and oil in a bowl; add boiling water. Stir, cover, and let stand 10 minutes. Fluff with a fork; stir in chopped watercress.

3. Transfer pork to a large bowl with a slotted spoon. Strain sauce through a fine sieve, discarding solids. Skim fat from surface of sauce.

4. Spoon pork and sauce over couscous in serving bowls. Sprinkle flaky salt over pork, and top with watercress sprigs. Squeeze orange wedges over dish and serve immediately.

Created by Tanya Graff, Jenn McManus, and Laura Rege

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HOW-TO HANDBOOK

Learn, Make, Connect

PARSLEY, ALMOND & ORANGE
Stir it into pasta, or serve it alongside fish or chicken.

MINT, PISTACHIO & LEMON ZEST
This one is perfect with lamb or blended into a yogurt sauce.

All three pestos taste great in a tomato-and-mozzarella sandwich.

CILANTRO, CASHEW & RED CHILE
Spoon it over basmati rice or into curries.

ASK MARTHA

WHAT ARE SOME NICE VARIATIONS ON BASIL PESTO?

—Tom Barbieri, Washington, D.C.

It's easy to swap in other herbs and nuts for the basil and pine nuts, while also omitting the cheese, to create interesting alternatives to classic Italian pesto. Trade mint for basil, for instance, and you've got a refreshing Greek-inspired sauce. Hungry for more recipes and tips? Check out Thomas Joseph's pesto video at *marthastewart.com/herb-pestos*, and see our spaghetti-with-Sicilian-pesto recipe (page 44).

PHOTOGRAPH BY BRYAN GARDNER

marthastewart.com/kitchenconundrums
Find answers to your cooking questions in Thomas Joseph's video series.

Q: I love my family recipe for brownies, but they're cakey, and my kids prefer something fudgier. How can I adjust the recipe to satisfy them?

–Sam Donovan, Grandview Heights, Ohio

A: Fudgy brownies have a higher fat-to-flour ratio than cakey ones. So add more fat—in this case, butter and chocolate. A cakey batch has more flour and relies on baking powder for leavening. See the recipes below to get an idea of the ratios needed to achieve your ideal brownie. (If the batch is still not fudgy enough, gradually increase the amount of butter and chocolate, or decrease the flour.) And check out Thomas Joseph's video at *marthastewart.com/kitchenconundrums-brownies* to learn a few expert techniques that all brownie lovers will appreciate.

CAKEY BROWNIES

Active Time: **45 min.**
Total Time: **2 hr.**
Makes: **9**

- **½ stick unsalted butter**
- **4 ounces coarsely chopped bittersweet chocolate**
- **1½ cups sugar**
- **3 large eggs, room temperature**
- **¼ cup unsweetened Dutch-process cocoa powder**
- **¾ teaspoon coarse salt**
- **1½ cups all-purpose flour**
- **¾ teaspoon baking powder**

OR

FUDGY BROWNIES

Active Time: **45 min.**
Total Time: **2 hr. 10 min.**
Makes: **9**

- **1 stick unsalted butter**
- **6 ounces coarsely chopped bittersweet chocolate**
- **1½ cups sugar**
- **3 large eggs, room temperature**
- **¼ cup unsweetened Dutch-process cocoa powder**
- **½ teaspoon coarse salt**
- **½ cup plus 2 tablespoons all-purpose flour**

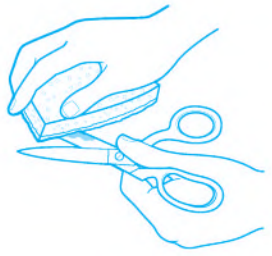
1. Preheat oven to 350°. Line an 8-inch square cake pan with parchment, leaving a slight overhang on all sides. Melt butter and chocolate in a heatproof bowl set over a pot of simmering water, stirring until smooth. Remove from heat; whisk in sugar. Whisk in eggs, one at a time, then cocoa and salt. Fold in flour (and baking powder, for cakey brownies) until combined.

2. Pour batter into pan. Bake until set and a tester inserted into center comes out with moist crumbs, about 30 minutes for cakey brownies, 35 to 40 minutes for fudgy ones. Let cool in pan on a wire rack about 15 minutes. Use parchment to lift brownies from pan; remove parchment and let cool completely on rack. Cut into 9 squares.

Q: How can I get old household scissors to work like new?

—Matty Atwater, Boulder, Colo.

A: Mark Allen, owner of Mark's Sharps, a sharpening and equipment-repair shop in Seattle, says regular maintenance is the key to a long-lasting pair.

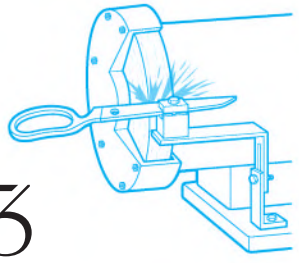


1

Clean the blades. Water and dish soap will suffice for most gunk that builds up after repeated use. For glue that's dried on, use the rough side of a sponge and an acetone nail-polish remover.

2

Oil the joint of the blades. A few drops of a lightweight multipurpose oil (like 3-in-One, available at hardware stores) on the pivot screw allows for smoother handling.



3

Sharpen the blades. A professional sharpening service can hone each blade on the correct angle, as shown, then reassemble the scissors. (At-home fixes are less precise and can ruin your scissors.)

PHOTOGRAPHS BY BRYAN GARDNER; ILLUSTRATIONS BY BROWN BIRD DESIGN

Q: How can I clean my child's bath toys?

—Kate Partridge, Mechanicsville, Va.

A: A monthly wash will help keep bacteria and mildew at bay. Add ½ cup white vinegar per gallon of warm water in a bucket. Soak the toys in the solution for about 10 minutes, then rub them gently with a sponge. To clean the inside of squeeze toys, suck up the solution, shake, and squeeze out. Let air-dry.

Q: I often see the term *shrub* on cocktail menus. What is it?

—Ryan Berland, Glen Rock, N.J.

A: A shrub is a syrup made from fresh fruit—usually berries—along with sugar and vinegar. The syrup is often mixed with alcohol and water (or carbonated water) to create a tart, sweet drink. To make ¾ cup of syrup, stir together ¾ cup light-brown sugar and ½ cup sherry vinegar. Spoon 1½ tablespoons syrup into a tall glass. Add 3 sliced strawberries and muddle. Fill glass with ice, then seltzer; stir. If desired, add rum to taste.

TIP

When your dog tries to take control and bite the leash, let it know who's in charge, advises KC Theisen, director of pet-care issues at the Humane Society. As soon as it starts to misbehave, stop walking, step firmly on the lead, and don't pay attention to your pup until it releases the leash.

WE WANT TO HEAR FROM YOU! Send your questions to Ask Martha, c/o Letters Department, *Martha Stewart Living,* 601 West 26th Street, New York, NY 10001, or to *ask martha@martha stewart.com.* Please include your full name, address, and daytime phone number. Letters and messages become the property of Martha Stewart Living Omnimedia Inc. and may be published, broadcast, edited, or otherwise used in any of its media. By submitting your questions to Ask Martha, you are agreeing to let us use your name and hometown in connection with our publication of your questions.

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OLD DOG, NEW TICS?

It's not unusual for a dog's temperament and behavior to become more challenging with age. But with a little sleuthing and some expert guidance, you can help get your best pal back to his old self again.

PHOTOGRAPH BY BRYAN GARDNER

WHEN SEEMINGLY NEW behaviors crop up in older dogs, it's easy to assume they've just grown crotchety, but these newfound habits warrant attention. "Dogs do have senior moments, but they usually involve behaviors that progress over time, and we tend to explain them away," says Katenna Jones, owner of Jones Animal Behavior, in Warwick, Rhode Island. Plus, the part of a dog's brain that controls inhibition deteriorates over time, so older dogs are more likely to snap. They also have more aches and pains, making them more prone to irritability.

Before you dial the trainer, call your vet. "Your dog could have an age-related concern due to balance, vision, hearing, thyroid, or heart trouble, or bowel and bladder control," says Mary R. Burch, an applied animal behaviorist with the American Kennel Club. After a checkup, you can decide if medications, a modified environment, retraining, or a little of each is in order. Pay special attention after your dog's sixth birthday to any new behaviors, such as the following:

He's uncharacteristically aggressive.
Besides certain age-related medical conditions, aggression can be triggered by changes in the body—say, a dog that's lost his sight may threaten to bite when approached without warning. Family changes (a new baby or home) can also upset older dogs. Keep a record of what prompted the behavior (was a new puppy pestering him?), so you can help avoid those situations (keep the puppy in a separate room). If the aggression occurs on walks, work with a trainer to acclimate your dog to a head collar to correct lunging and address any underlying causes related to fear or self-defense.

He no longer obeys a command, such as "Down."
"There's a chance his mind is just getting fuzzy with age," says Burch, who suggests gentle retraining—lure him into position with a treat and then reward him with it. And like us, dogs have to "use it or lose it," so mental stimulation via games, puzzles, and treat-release toys is helpful. Be realistic about activities; you may need to play fetch in an indoor hall rather than walking to a nearby park. Ask your vet about adding supplements that may help boost brain function, like krill and coconut oil.

He acts out when you're away.
Dogs with separation anxiety may bark excessively, pant, pace, drool, attempt to escape, soil the house, and/or become destructive—usually within 20 minutes of being left alone. "This can be a sign of cognitive decline and is different from other anxiety-related behaviors that happen when you're around," notes Burch. Work with a qualified behavioral vet or another trained professional to desensitize your dog through baby steps and show him you'll always come back home.

He seems more clingy.
"It makes good sense for dogs to become more dependent on you when they get older," says Burch. "For a dog that can't hear, see, or move as well as he once did, the smart thing to do is stay near your human, who can protect you." Jones suggests comforting your pooch, but don't coddle—and never punish him. When you can't have your dog trailing beside you (such as when you're hosting a dinner party), play with him for a good bit, then let him nap in his favorite spot.

He's suddenly scared of loud noises.
Since noise phobias can worsen over time, you might not be aware of them until they seem extreme, says Jones. Your pooch may start to hide under the bed when he hears fireworks or thunder, for instance. Jones suggests playing calming music to de-stress your pet after a loud incident. And, of course, you should reassure him until he's back to feeling safe and sound.

—Kristina Grish

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Bedding should be laundered once a week. To make cotton sheets last, wash them in warm water, and dry them on low heat.

THE COTTON CLUB

Cool, versatile, and machine-washable and -dryable, cotton is an easy choice for linens. But shopping for them? Not so simple. (What's the difference between percale and sateen, anyway?) We zero in on the three questions you need to ask before buying new sheets, so you can put your confusion and concerns to bed once and for all.

PHOTOGRAPH BY BRYAN GARDNER

1 What type of cotton is it?

Cottons have either a long or short staple, which refers to the length of the fiber. A long staple makes a stronger, softer fabric than a short one, and it's typically called out on the package: **Pima** cotton, for instance, has an extra-long staple and is known for its durability. (Supima is the trademark for U.S.-grown pima cotton.) **Sea Island** cotton, also extra-long, from the West Indies and the islands off the Carolinas and Georgia, is coveted for its silkiness. And **Egyptian** cotton, if extra-long staple, hardly sheds lint. "Upland cotton" or simply "100 percent cotton" indicates short-staple fibers.

Keep in mind

Not all Egyptian-cotton sheets are luxurious. "Extra-long-staple cotton is only a portion of what Egypt exports," says Jeffrey Silberman, a professor of textile development and marketing at the Fashion Institute of Technology, in New York City. If the price is suspiciously low, chances are it's a shorter-staple Egyptian cotton.

2 What's the thread count?

This refers to the number of threads woven into each square inch of fabric: In general, the higher the thread count, the more lustrous and durable the sheet, and the lower the shrinkage risk. But don't base your decision on thread count alone: A 250-thread-count sheet made of long-staple Egyptian cotton will likely be more supple than a 350-thread-count short-staple cotton.

Keep in mind

Be careful when buying sheets with thread counts higher than 400. Some companies fit more threads into a square inch by using thinner thread. As a result, a "1,000 thread count" sheet may actually feel like a 250-thread-count sheet woven with thicker threads.

3 How is the fabric woven?

The sheet's weave affects its appearance and texture. A plain weave, which features interlacing vertical and horizontal threads, isn't usually touted on the label—unless it's **percale**, a special subset with a thread count above 180 and a crisp, cool texture. **Sateen** weaves have a higher proportion of vertical yarns to horizontal yarns, which results in a silky sheen; they also have higher thread counts. (**Jersey** sheets aren't woven but knit, lending them a T-shirt-like feel.)

Keep in mind

Special finishes can make fabrics feel softer than their weaves suggest, as with cotton that's been combed or brushed. Fabric can also be strengthened with chemical treatments; these are sometimes tagged as "mercerized" but may carry no label at all. If your skin is sensitive, opt for organic sheets marked as "untreated."

Bottom line

Price-conscious shoppers should do fine with plain-weave 200-thread-count sheets. Those who want luxury will likely be happy with 400-thread-count long-staple Egyptian cotton in their favorite weave.

Sources

Clockwise from top left: **Chambray sheet,** *by Union Square, in Sand, bed bathandbeyond.com.* **Satin Tux sheet,** *in Powder Pink, and* **Modern Dot sheet,** *in Mist, by Barbara Barry, bedbathandbeyond.com.* **Sateen sheet,** *by Martha Stewart Collection, in Sky, macys.com.* **Luxury Bedding Quadretto sheet,** *in Light Blue, gracioushome.com.* **Percale sheet,** *by Martha Stewart Collection, in White, macys.com.* **Luxury Bedding sheet,** *in Sand Stripe, gracioushome.com.* **Sateen sheet,** *by Wamsutta, in Grey Pebble, bedbathandbeyond.com.*

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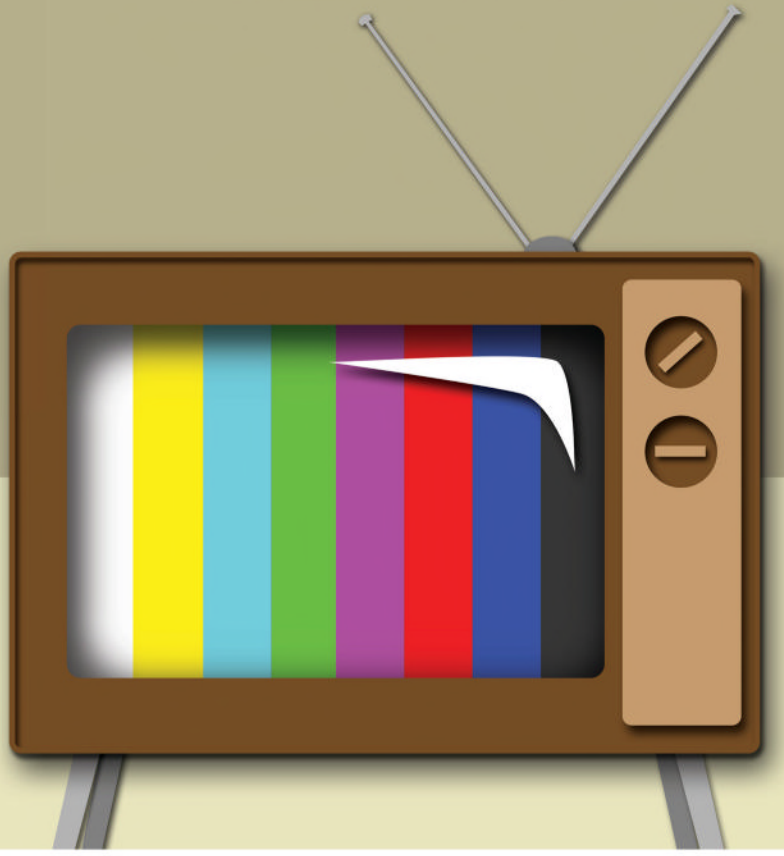

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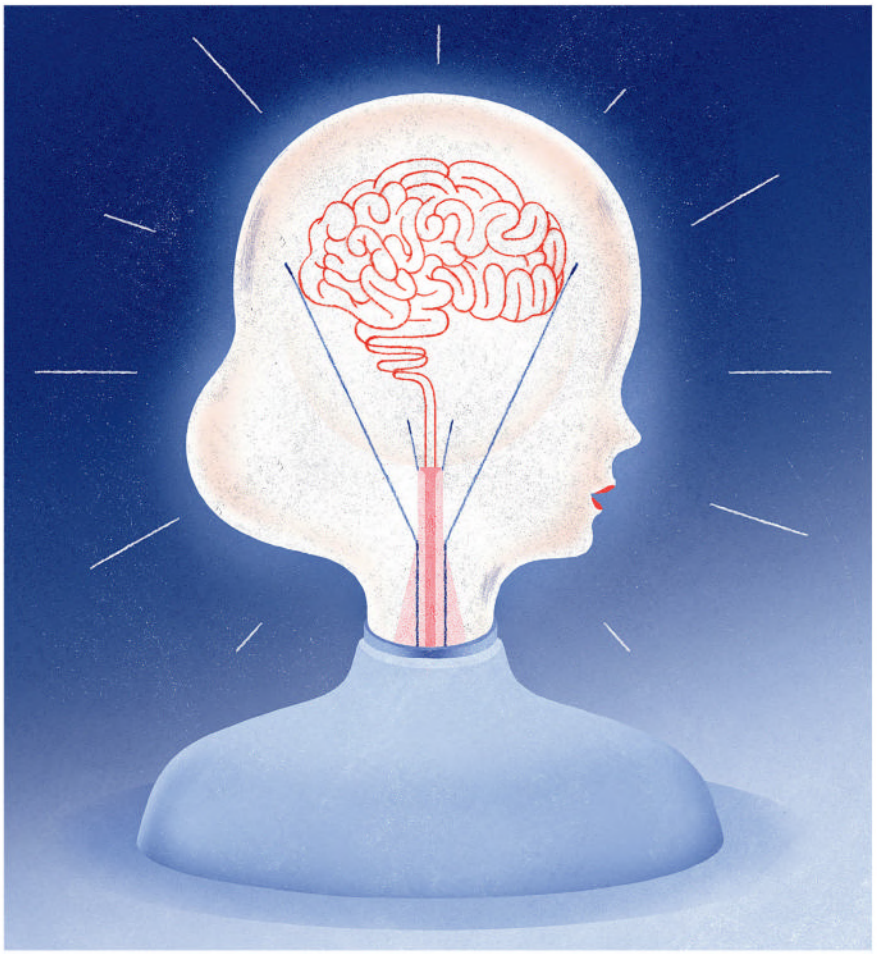

GIVE YOUR BRAIN A BOOST

Misplaced your keys again? Struggled to recall the name of a movie . . . you know, the one with what's-his-name? Try easy-to-adopt techniques to stay focused and keep your memory sharp.

ILLUSTRATION BY GRACIA LAM

IF YOU'RE HAVING trouble remembering things, that may be perfectly normal. Just as your bones and muscles start to lose mass as you age if you don't take care of them, so does your brain. "The part of the brain largely involved in memory—the hippocampus—starts shrinking at a rate of 0.5 percent a year on average, starting at age 40," says Majid Fotuhi, M.D., chairman of the Memosyn Neurology Institute, in Lutherville, Maryland, and a staff affiliate at Johns Hopkins Howard County General Hospital. With a few healthy lifestyle changes, however, you can start reclaiming your memory, concentration, and mental acuity, he says: "What's amazing is that some parts of your brain are very malleable. They're a lot easier to change than your biceps."

Give It a Workout

Moving your body is one of the best things you can do for your brain. "When you exercise, your heart pumps oxygen and nutrients to your brain cells, and your body produces chemicals that stimulate the brain cells to sprout branches and communicate more effectively," says Gary Small, M.D., director of the UCLA Longevity Center and author of *2 Weeks to a Younger Brain* (Humanix).

The effects can be both instant and long-term. A study analysis published in 2013 in the *British Journal of Sports Medicine* found that 10 to 40 minutes of exercise among preteens, teens, and young adults was associated with better cognitive function immediately afterward, which researchers attribute in part to the increased blood flow to the brain. Another study, done by the University of British Columbia in 2013, found that women between 70 and 80 years old with mild cognitive decline showed a 4 percent increase in their hippocampal volume after six months of walking briskly for 40 minutes twice a week.

Feed Your Mind

Diet can also keep your brain healthy. Over the years, the effects of free radicals (reactive oxygen molecules that result from breathing, moving, eating—i.e., simply being alive) accumulate and cause wear and tear on the brain. "So when we talk about a younger-brain diet, we're talking about antioxidants—molecules that reverse free-radical damage," says Small. That means ramping up your intake of berries, leafy greens, and cruciferous vegetables. (The USDA recommends 4 to 4.5 cups a day of these and other types of produce for women.)

Small also encourages a daily intake of foods that are rich in omega-3 fatty acids, like most fish, nuts, olives, and avocados. They fight inflammation, which has been linked to cognitive decline. Most experts recommend fish only twice a week, because more could introduce excess mercury. Small adds that taking fish-oil supplements is an easy way to get your daily omega-3s.≫

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– DIANE KEATON

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Get Your Zzzzs

Chronic insomnia can result in a loss of neurons, which are responsible for sending signals through the brain. Slightly less-than-optimal sleep can have an effect, too. A study of older adults by Duke-NUS Graduate Medical School, Singapore, published in 2014, found a correlation between the number of hours participants slept each night and their performance on a variety of cognitive tests. Fotuhi believes eight to nine hours a night is the sweet spot for clear thinking.

Tone Down the Tech

"As we get older, our ability to resist interference declines," says Adam Gazzaley, M.D., a professor of neurology, physiology, and psychiatry at the University of California, San Francisco. So in an era when our phones are constantly dinging at us, our working memory—responsible for immediate tasks and thoughts—often falters. (*What did I come to the dairy aisle for again?*) Distractions may affect long-term memory, too. "If you're not paying attention, you don't get the information in your memory storage and can't retrieve it later," says Small.

The solution? "It sounds simple, but controlling your environment and minimizing distractions make a big difference," says Gazzaley. In other words, he recommends giving the smartphone—or TV, or whatever it is that encourages you to multitask—a break. In a 2011 study published in *Psychiatry Research*, researchers found that people who participated in eight weeks of mindfulness sessions—a form of meditation that stresses living in the moment—showed increased density in regions of the brain involved in learning and memory.

Keep Learning

Perhaps the most enjoyable way to increase your brain wattage is to adopt a new hobby or acquire a new skill. "If you decide to learn Italian over a few months, for example, your hippocampus will grow significantly," says Fotuhi. But almost any kind of learning can improve the brain (just the push you needed to finally take those guitar lessons!). The key is to keep challenging yourself—follow up those Italian lessons with French, say. Your brain will thank you. —*Miranda Silva*

When It's Not Normal

Unlike the typical aging brain, a brain with Alzheimer's symptoms shows a significant loss of nerve cells, as well as an abnormal buildup of proteins (known as plaques and tangles) that damage the cells and weaken the connections between them. As a result, says Molly Wagster, Ph.D., a cognitive-aging expert at the National Institutes of Health, patients lose the ability to think, remember, and learn.

It's worth investigating short-term memory lapses if they interfere with normal daily activities—for instance, if you invite friends over for dinner but are surprised when they show up, or if you forget the route to your office.

Individuals might also have trouble following a conversation or solving everyday problems, or experience changes in their sense of humor or mood.

If you're having lapses that concern you, talk to your doctor. She should be able to find out whether they are related to other causes (such as depression, lack of sleep, or hormonal imbalances), or if you should undergo an additional workup with a specialist, says Ruth Kolb Drew, director of family and information services at the Alzheimer's Association. "While a cure is not yet available, an early diagnosis of Alzheimer's allows you to start treatment options that help with the symptoms of the disease and improve your quality of life."

PARTNERS' PICKS

The month of September is all about getting back to a routine, and this month's Partners' Picks are great for just that! Keep your schedule on track with a weekly calendar decal and stay organized with smart storage.

1. Weekly Dry-Erase Calendar Circles by Martha Stewart Wall Art Decals™, $24.99, available exclusively at fathead.com/marthastewart.

2. Striped Collar by Martha Stewart Pets®, available exclusively at PetSmart, $12.99, petsmart.com/marthastewart.

3. Laundry Storage by Martha Stewart Living™; in Picket Fence, $139–$399, available exclusively at Home Decorators Collection, homedecorators.com.

4. Plush Bath Towels by Martha Stewart Collection™, available exclusively at Macy's, $10–$32, macys.com/martha.

5. Salad To Go by Martha Stewart Collection™, available exclusively at Macy's, $9.99, macys.com/martha.

6. Dream Science Memory Foam Pillows by Martha Stewart Collection™, available exclusively at Macy's, $60–$100, macys.com/martha.

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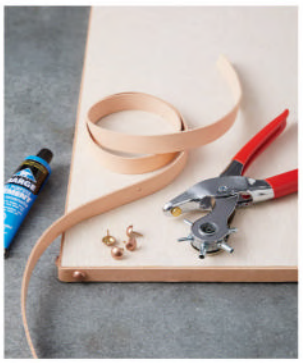
HOW-TO

Leather Shelf Edging

PAGE 90



Supplies

- Leather strip, cut to fit around outside of shelf
- Oak plywood shelf, cut to size
- Leather punch
- Leather glue, such as Barge
- Drill and 1/16-inch bit
- Copper tacks

1. Line up leather strip with edge of plywood shelf. With a pencil, mark spots on leather for tacks, about ½ inch from each corner.

2. Punch holes in leather at marked spots with leather punch.

3. Apply glue to both edge of shelf and back of leather strip. Adhere strip to edge and press firmly.

4. Predrill holes in shelf through holes in leather. Hammer in tacks.

Sources
Oak plywood, *¾", $50 for 4' by 8', homedepot.com.* **Heavyweight natural cowhide-leather strip,** *¾", $20 for 72";* **deluxe rotary leather punch,** *$20; and* **all-purpose cement,** *by Barge, $7 for 2 oz., tandyleather.com.* **Copper tacks,** *$9 for 100, vandykes.com.*

HOW-TO

Shelf Cup Holders

PAGE 90

Supplies

- Oak plywood shelf, 8 by 30 inches
- Hole-saw attachment, 3 inches
- Drill
- Fine sandpaper, #100

1. Measure 4 inches in from edges and sides of shelf. Mark spot with a pencil. (This will be middle of first hole.)

2. Make another mark 4½ inches in from first one, then another 4½ inches from that one. Continue until you have marked a spot for every hole you intend to make.

3. Attach hole saw to drill. Center it on first mark; drill through. Repeat with remaining marks.

4. Sand interior edges of each hole.

Sources
Oak plywood, *¾", $50 for 4' by 8';* and **Hole Dozer hole saw,** *by Milwaukee Tool, 3", $15, homedepot.com.*

HOW-TO

Dowel Brackets

PAGE 95

Supplies

- Handsaw
- Dowel, 1¼ inches
- Painters' tape
- Paint
- Drill and 3/16-inch bit
- Pliers
- Dowel screws, 3/16 inch
- Level
- Wall anchors (optional)

1. Using saw, cut eight 10-inch dowels and four 5-inch dowels.

2. Wrap tape 2 inches from one end of each dowel; coat ends with paint. Let dry overnight.

3. Predrill a hole in center of other end of each dowel.

4. Using pliers, screw dowel screws into holes.

5. If possible, mount dowels directly into studs in your wall, using level to ensure they go in straight. If not, use appropriate anchors for your type of wall (for more information about anchors, see page 94), then mount dowels.

Sources
Dowel, *1¼", $10 for 72";* and **zinc-plated dowel screws,** *3/16" by 3", $1.25 for 3, homedepot.com.* **Paint,** *in Van Gogh Yellow and in Hollandlac Brilliant finish, $50 for .75 L, finepaintsofeurope.com.*

BRYAN GARDNER

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Sweet Pickles
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Foolproof Preserving (No Pressure)

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PICKLED-BEET AND FIG SALAD

Active/Total Time: **15 min.**
Serves: **4**

The same brine used to pickle the beets goes into the salad dressing, in place of plain vinegar.

- **½ cup Sweet-Pickled Shaved Golden Beets, plus 1 tablespoon brine (for recipe, see page 81)**
- **3 tablespoons extra-virgin olive oil**
- **1 teaspoon Dijon mustard**
- **Coarse salt and freshly ground pepper**
- **1 head Boston lettuce, leaves separated (8 cups)**
- **2 cups watercress**
- **8 ripe fresh figs, halved**

Whisk together pickle brine, oil, and mustard in a large bowl; season with salt and pepper. Add lettuce, watercress, and beets; toss to combine. Top with figs and serve.

PICKLED-PEACH AND MOZZARELLA SALAD WITH FRIED CHICKEN CUTLETS

Active/Total Time: **35 min.**
Serves: **4**

- **4 boneless, skinless chicken-breast halves**
- **2 large eggs**
- **Coarse salt and freshly ground pepper**
- **½ cup all-purpose flour**
- **Safflower oil, for frying (about 4 cups)**
- **4 Sweet-Pickled Peach halves, cut into ½-inch-wedges, plus 1 tablespoon brine (for recipe, see page 81), and more brine for serving**
- **5 ounces (1 cup) small mozzarella balls (bocconcini)**
- **2 tablespoons extra-virgin olive oil, plus more for drizzling**
- **Arugula, for serving**
- **¼ cup small fresh basil leaves, for serving**

1. Cut each chicken breast horizontally almost completely through, leaving one side intact. Open up like a book. Cover with plastic wrap and pound to an even ¼ inch thick.

2. Whisk eggs in a shallow dish; season with salt and pepper. Put flour in another dish, season with salt and pepper, and whisk to combine. Heat 1 inch safflower oil in a large straight-sided skillet over medium-high until a thermometer registers 375° (a bit of flour should sizzle immediately when dropped in).

3. Working with one breast at a time, season chicken with salt and pepper, then dredge in flour mixture, tapping off excess. Dip in eggs, letting excess drip off, then coat again in flour mixture. Immediately place in hot oil and cook until golden brown, about 1½ minutes a side. Remove with tongs and let drain on paper

towels. Season with salt. Repeat with remaining chicken, adjusting heat as necessary to maintain oil temperature.

4. Toss together peaches, brine, bocconcini, and olive oil in a medium bowl. Season with salt and pepper. To serve, top cutlets with peach mixture and arugula, sprinkle with basil, and drizzle with more olive oil and more brine.

WHITE PIZZA WITH PICKLED ONIONS AND PEPPERS

Active Time: **25 min.**
Total Time: **45 min.**
Serves: **4**

- **1 cup ricotta, preferably fresh**
- **¾ cup finely grated Parmesan**
- **1 cup grated Monterey Jack**
- **1 tablespoon minced garlic**
- **2 tablespoons extra-virgin olive oil, plus more for baking sheet and drizzling**
- **Coarse salt and freshly ground pepper**
- **Quick Pizza Dough (recipe follows), or 1 pound store-bought dough**
- **1½ cups Pickled Onions and Peppers (for recipe, see page 81)**
- **2 ounces soppressata, very thinly sliced**
- **Fresh flat-leaf parsley leaves, for serving (optional)**

1. Preheat oven to 500°. Stir together cheeses, garlic, and oil in a small bowl; season with salt and pepper.

2. Divide dough in half; let rest 10 minutes. Brush a baking sheet with oil. Stretch one piece of dough into a 10-inch round on sheet. Dot with half of cheese mixture, then top with half of pickles and half of soppressata.

3. Bake until crust is golden brown and cheese is bubbling, 10 to 12 minutes. Drizzle with oil, top with parsley, and serve. Repeat with remaining dough and toppings.

QUICK PIZZA DOUGH

Active Time: **10 min.**
Total Time: **55 min.**
Makes: **Two 10-inch crusts**

- **¾ cup warm water (110°)**
- **1 package (¼ ounce) active dry yeast**
- **1 tablespoon sugar**
- **2 tablespoons extra-virgin olive oil, plus more for bowl**
- **2 cups all-purpose flour, plus more for dusting**
- **1 teaspoon coarse salt**

1. Pour warm water into a medium bowl; sprinkle with yeast. Let stand until foamy, about 5 minutes.

2. Whisk sugar and oil into yeast mixture, then stir in 1 cup flour and salt until combined. Stir in remaining 1 cup flour until a dough forms around spoon. Turn out onto a lightly floured surface and knead until smooth and elastic, about 3 minutes.

3. Brush a large bowl with oil. Transfer dough to bowl, turning to coat. Cover with plastic wrap and let rise in a warm spot until doubled in bulk, 45 minutes to 1 hour.

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PICKLED GREEN TOMATOES AND SHRIMP TOAST

Active/Total Time: **15 min.**
Serves: **4**

A mandoline or other adjustable-blade slicer is the best tool for slicing the radishes and celery paper-thin, but a very sharp chef's knife will also work.

- **4 thin lemon slices (¼ inch thick)**
- **3 Pickled Green Tomatoes, quartered, plus 5 tablespoons brine (for recipe, see page 81)**
- **Coarse salt**
- **8 large shrimp, peeled and deveined**
- **2 tablespoons extra-virgin olive oil**
- **4 radishes, trimmed and very thinly sliced (¼ cup)**
- **½ celery stalk, very thinly sliced (¼ cup)**
- **1 teaspoon minced garlic**
- **⅓ cup mayonnaise**
- **4 thin slices dark rye bread, toasted**
- **Flaky sea salt, such as Maldon, for serving**
- **Dill sprigs, for serving (optional)**

1. Combine 2 cups water, lemon slices, 2 tablespoons brine, and 2 teaspoons coarse salt in a medium pot; bring to a boil. Add shrimp and return to a boil, then immediately remove from heat. Let stand until shrimp are opaque throughout, about 1 minute. Remove shrimp with a slotted spoon; let cool completely.

2. Halve shrimp lengthwise and toss with pickles, remaining 3 tablespoons brine, oil, radishes, and celery in a large bowl.

3. Stir garlic into mayonnaise, then spread on bread slices. Top with shrimp salad. Sprinkle with flaky salt and dill; serve.

PLUM-JAM CRUMB CAKE

Active Time: **20 min.**
Total Time: **3 hr. 30 min.**
Serves: **16**

TOPPING

- **1 cup all-purpose flour**
- **⅓ cup packed light-brown sugar**
- **¼ teaspoon coarse salt**
- **6 tablespoons unsalted butter, melted**

CAKE

- **1½ sticks unsalted butter, room temperature, plus more for pan**
- **2 cups all-purpose flour**
- **2 teaspoons baking powder**
- **1 teaspoon coarse salt**
- **¾ cup granulated sugar**
- **2 large eggs, room temperature**
- **⅔ cup whole milk, room temperature**
- **1½ cups Plum Jam (for recipe, see page 81), skins removed (1¼ cups)**

1. Topping: Preheat oven to 350°. Whisk together flour, brown sugar, and salt in a small bowl. Stir in butter until combined.

2. Cake: Brush a 9-by-9-by-2-inch square cake pan (not nonstick) with butter. Line with parchment, leaving a 2-inch overhang on two sides; butter parchment.

3. Whisk together flour, baking powder, and salt in a medium bowl. In another bowl, beat butter with granulated sugar on medium-high speed until light and fluffy, about 2 minutes. Add eggs, one at a time, beating to combine after each. Reduce speed to low and add flour mixture in 3 batches, alternating with 2 additions of milk, beating until combined and scraping down bowl as necessary.

4. Transfer batter to prepared pan. Spread jam evenly over top. Sprinkle evenly with topping, squeezing to create large clumps. Bake until a tester inserted in center comes out clean, 45 to 50 minutes. Let cool in pan on a wire rack 20 minutes. Use parchment to lift cake out of pan, then let cool completely on rack before serving.

HOT-PEPPER JELLY

Active Time: **45 min.**
Total Time: **5 hr.**
Makes: **About 2 cups**

Pepper jelly makes a spicy-sweet match for soft cheeses, such as goat or Camembert (or even cream cheese)—especially when served atop crackers or crostini. You can also use the jelly as a glaze for chicken or pork: Melt it, then brush it on the meat before roasting or after grilling.

- **2 pounds unpeeled, uncored apples, cut into 1-inch chunks**
- **½ cup apple-cider vinegar**
- **1½ teaspoons coarse salt**
- **½ cup diced bell pepper**
- **2 tablespoons minced seeded hot chile pepper, such as habañero or serrano**
- **1½ cups sugar**

1. Place a few small plates in freezer. Combine apples and 2½ cups water in a saucepan. Bring to a boil, reduce to a simmer, and cook, partially covered, mashing occasionally with a potato masher, until fruit is very soft, 10 to 15 minutes. Transfer fruit to a fine sieve set over a heatproof bowl; let drain without pressing on fruit, 4 hours. Strain again through sieve lined with damp cheesecloth. (You should have 2 cups.)

2. In a saucepan, bring juice, vinegar, salt, bell pepper, and hot pepper to a boil. Add sugar; return to a boil, stirring until sugar is dissolved. Cook, stirring, 11 minutes. Turn off heat. Place a small spoonful of jelly on a chilled plate; return to freezer 1 minute. Remove and push your finger through mixture; if it wrinkles, it is done. If not, return to a boil for 1 to 2 minutes, then check again. (Or cook until a thermometer registers 221°.) Skim foam from top.

3. Ladle into clean containers, leaving ¾ inch of headroom; let cool completely. Cover, label, and refrigerate up to 1 month, or freeze up to 1 year.

CHICKEN-LIVER MOUSSE WITH RASPBERRY JELLY

Active Time: **30 min.**
Total Time: **1 hr. 30 min.**
Serves: **6**

The richness of this creamy mousse (shown on page 11) is balanced nicely by an accompanying tart, crisp pickle; choose one or many. For our options, see page 81.

- **5 tablespoons unsalted butter, room temperature**
- **½ red onion, minced (½ cup)**
- **2 teaspoons minced garlic**
- **1 teaspoon minced fresh sage**
- **½ pound chicken livers, rinsed and trimmed**
- **Coarse salt and freshly ground pepper**
- **¼ cup Marsala**
- **2 tablespoons heavy cream**
- **¼ cup Raspberry or Plum Jelly (for recipes, see page 81)**
- **Simple Crostini (recipe follows), for serving**
- **Assorted Pickles (for recipes, see page 81), for serving**

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Stacy's

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1. Melt 2 tablespoons butter in a skillet over medium-high until foamy. Add onion, garlic, and sage; cook until softened, about 2 minutes. Add chicken livers, ¾ teaspoon salt, and ¼ teaspoon pepper; cook, stirring occasionally, until browned, 4 to 6 minutes. Add Marsala and bring to a boil; cook 30 seconds, then reduce heat to medium and simmer, covered, until livers are just cooked through, about 3 minutes.

2. Transfer livers with pan juices, remaining 3 tablespoons butter, and cream to a food processor. Purée until silky, about 2 minutes. Pass mousse through a sieve to remove any lumps. Season with salt and pepper. Transfer to a 1½-cup ramekin or bowl and refrigerate at least 1 hour and up to 2 days.

3. Remove mousse from refrigerator 15 minutes before serving. Just before serving, spoon jelly over top. Serve, with crostini and pickles.

SIMPLE CROSTINI

Active Time: **10 min.**
Total Time: **30 min.**
Makes: **About 5 dozen**

- **1 baguette, cut into ¼-inch slices (about 60)**
- **¾ cup extra-virgin olive oil**
- **Coarse salt and freshly ground pepper**

1. Preheat oven to 350°. Arrange baguette slices on 2 large rimmed baking sheets. Brush both sides with oil; season with salt and pepper.

2. Bake, rotating sheets halfway through, until golden, 15 to 20 minutes. (If undersides are not browning, turn crostini over once during baking.) Let cool completely on sheets. Crostini can be stored in an airtight container up to 2 days.

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